

HYPNOTIZE YOUR LOVER

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Master

the art of hypnotic seduction

Stimulate

your lover's mind with erotic hypnosis

Release

sexual dysfunction

Wendi Friesen CHT

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Hypnotize your Lover

A guide to an erotic journey
into the mind

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Stimulate the most powerful sex organ in your body... your brain.

This book may open your mind to new possibilities and explorations of the potential you have for pleasure. In this book I hope you will discover the amazing and wondrous mind that you have. I hope you will experience aspects of yourself that you had not explored up until now. An ultimately I hope for you to experience yourself as a deserving a worthy person who seeks out pleasure and joy, not only sexually but in every moment of every day. Join me... in an adventure of your mind.

The use of hypnosis for seduction is an art. The goal of having better sex is very exciting and enticing for several reasons. If we can tap into our mind's ability to find greater levels of arousal, and to create those states on command we can experience more of who we are. To connect with someone and discover the chemistry that stirs us deeply to a state of **desire**... is one of our deepest, most powerful drives. Now, you will discover what puts us in a state of rapport, trust, and desire and sparks what we call chemistry.

There are many books written about the use of hypnosis for seduction by men, for men, that tell you how to pick up and seduce women. And while they have lots of good ideas, they are not written by women, and they don't have it from the inside source on what really makes a woman feel wanted. Much of the speed seduction that is available ends up making a man feel foolish and turning women away. The speed seduction teachers have the right techniques and some are brilliant. But, since it is results that count, and the results are judged by the women on the receiving end, a more refined approach is in order. I received an e-mail from a man

who had obviously taken an Neuro Linguistic Programming course on seduction. His words were straight out of the book. I just had to shake my head and wonder what woman would become weak with desire for these words. My first reaction was that he had something wrong with him, as he seemed so out of touch with reality. These words had no heart, no feelings being expressed and the feeling I was left with was to stay away. Even though there may have been a good man under it all, those canned words closed a door.

Many, if not most men, think that a woman wants what they want. We think that others, male or female, will respond to the same things that make *us* fill with desire, go wild with passion and feel connected. Much of the training in this book will help you to detect what it is that others want. The audio tapes/CD's will help you to unconsciously get inside of their reality and find out what they want. Once you give your subconscious mind permission to enter another's reality, you give yourself permission to learn and experience what it is that makes them tick. Or tock.

You already have hypnotic powers. If you can speak (and in some cases you don't even need to do that you can induce trance.) you can create a state of trance. Much of the art of hypnotism has to do with the trances we live in day to day. Since we go in and out of trance throughout the day, it is a matter of practice to identify these trance states and use them for the greater good. Most people can become very entrancing with practice. It is a skill that can be learned and, as with any skill it requires practice. Creating trance is not only in the words you say, but the way you say it, and it is not only the way you say it but the meaning and intention behind it.

I believe that women have the ability to subconsciously read another person's intentions. It may be that we are mind readers, or it might be that we can pick up imperceptible cues from a man that register in our subconscious mind and tell us if he is sincere or not. Never underestimate the ability of the mind to unconsciously pick up and lock onto information that you did not know you are sending! And this unconscious information is what creates a trance or sends us running the other way.

The information that you are sending through subtle cues and language patterns is perceived on a subconscious level and creates a *state* in a person. The words you choose may touch a very special place in her that creates deep desire, a desire to be closer to you that she has ever wanted to be to any man. A feeling that is created in her that she would do anything for you... anything. Have you ever had that feeling about a woman? Do you know that the reasons that *you* have desire for a woman have virtually nothing in common with the reasons that she is going to want to get close to you? What makes you want a woman, is *not* necessarily what makes her want you.

This first part of this training is going to be an understanding of what a woman or a man really wants. You will learn the art of rapport. Instant, magical rapport. Good rapport will open doors for you not only in relationships, but also in work, sales, and persuading others.

Once you have mastered rapport, I can teach you how to create a trance that will help you tap into what a man or woman really "wants" and what will touch him or her very deeply. All this without so much as a touch. Once your partner feels that connection with you, and you have opened

her subconscious mind, you can then suggest how wonderful it will be to give her what you have always dreamed of.

The second part of the training will focus on what to do with the erotic mind once you have rapport and trust. I will teach you how to become a hypnotist, how to create powerful trance states and even... drum roll... how to induce a hypnotic orgasm. Now I have your attention, yes?

Now, first you need to know some things about yourself and about what your goals are. And I think you should know some things about me. I will go first.

I have written the first part of this book primarily aimed at helping men creating rapport with women. All of this applies to women creating rapport with men as well, however, women typically create powerful rapport and state of desire with men.... without much training. So, while it is intended for both sexes, it is just that men need it more. Way more. Trust me.

Another thing about me. I am a woman who loves sex. I love passion and I think it is the greatest gift that this universe will ever give us. I believe that our bodies were made to want and desire sex above and beyond all our other needs. I think that all the parts of our bodies are in some way, sex organs, and are designed to respond to pleasure. This is nature in its finest form.

I also think that a lot of what life teaches us leaves us ashamed of our bodies and our sexuality. Especially for women. For you to create a safe, and pleasurable state for a woman to experience herself as sensual and beautiful is the greatest gift you can give her. That is hypnotic. That is a trance that she will come back for again and again. This is

what we desire above everything else, and I imagine that what you want to create is desire. Once you have that you can have anything.

Another thing about me. And this applies to most women. What we really want from sex is the desire and passion and the feeling we get when we really believe we are special. Without that, there is nothing. You will find that in a woman, no matter how much she loves sex, she will not be yours, she will not truly give herself to you unless you find out what it is that really makes her feel special, that touches her in that special place. That place where she keeps her secrets, her wishes and desires. This is where she explodes with sensuality and desire for you.

Now let's explore what makes you tick.

About you: (go ahead, actually answer these)

Why do you want to learn hypnosis?

What is your ultimate outcome, or goal, in hypnosis?

What do you want to create with a trance, in a woman?

Are you interested in mind control or in persuasion? (Big difference, think about it)

What kind of man/woman are you? (Be honest) are you sincere, arrogant, dishonest, likable, pleasant, hard to get to know, easy to be around, intimate, distant.... How do you see yourself?

What would you most like to change about yourself?

What has been your biggest obstacle with women/men?

What are you really good at with women/men?

How do you think women/men see you, or experience you?

What would you most like to improve about your approach with women/men?

The Erotic Hypnotic Mind

"Love is the answer; but while you are waiting for the answer, sex raises some pretty good questions."

- Woody Allen

When you consider the mysterious and as yet undiscovered potential to the brain, the mind, and the influence it has on our body and on our surroundings, it might lead you to think about things like healing major illness, finding world peace, peeking into the future, or understanding the theory of relativity.

And here, in this book, none of that is going to be explored. Not that it would not be a worthy pursuit, and granted there a lot of books that will explore the cutting edge of our potential.

However, we are not going to do that here. While this book will explore many facets of the human mind, I will try to avoid fascinating you with details of the miracles, the magic, and the magnificence of the mind, and stay focused on one thing.

Pleasure. Pure pleasure. Physically, emotionally and for those so inclined, spiritually. One of the most fascinating things about the human brain is the ability it has to create pleasure. In my private practice, I have watched words transform deep emotional pain into pleasure. I have spent thousands of hours watching people lift themselves out of darkness and into the light. And when that happens there a wonderful transformation that happens in many areas of their life. Not the least of which is sexual.

Imagine what might happen if you could freely express your sensuality. If you could release your inhibitions and be a seductress, or a powerfully seductive man. Imagine what might happen if you could let go of your preconditioned ideas about sex, your guilt from childhood and experience sex without hang-ups. I think this possibility exists in all of us. Not just in some. But in every one of us lies a potential to be fully alive, sensual and tantalizing. The only missing ingredient is permission. When you see people hypnotized on stage, they seem to have a freedom, an air about them that they never had before. But, in truth, they *did* have it before they ever set foot on stage. They already had the ability to sing or entertain, or to become a stripper! The only thing that the hypnosis added was permission.

I remember a time when I had permission. In this case it was permission to be sensual. It was in one of those human potential groups and all of the women participating had to do this sensual dance and entice the men into feeling desirous of them. The magic was in the experience of giving ourselves permission to be sensual, to experience a gift that lies in each and every one of us, without shame, without reservation and without any threat of consequences. We danced and undulated as the men looked on and our most sensual part of

ourselves took over. For most of us it was a life changing experience. And you can imagine, that for me, the daughter of a Southern Baptist minister, (yup, I'm the preacher's daughter) how *permission* could alter my reality.

As it turned out, my preacher dad grew up to be a sex therapist and now helps people with sexual problems that are a result of their religious beliefs. And as for me.... well, I get to write about it. I guess one of the big transformations was to go from being the daughter of a man who was **EXTREMELY** uncomfortable with me attending so much as a dance lesson. (dancing = sin) And then to hear him talk about what he learned in school today, as he was 60 years old and getting his doctorate in Human **Sexuality**.... well it certainly gave my inner child a nudge.

And it nudged me all the way into a discovery of our subconscious mind's perception of our sexual selves. My conclusion, as a result of being a therapist, is that we are built, from head to toe, in mind and body to want and desire sex. There is no getting around it, no denying it, we are here to procreate. Every organ in our body is a sex organ. Our physical body is created to desire sex. When the sexual desire is turned on there is little that will stand in the way, and little that will turn it off. It is the one thing that we all share no matter what culture, what language, what training or upbringing we have. We can all experience our most powerful drive in the same way. I guess it's a good thing we also come with a conscience.

My experience with hypnosis has taught me that there is a greater capacity for joy in our sexual selves than most of us realize. Hypnosis is the tool that gives you access to the most powerful, most erotic and most intriguing sex organ in our **bodies**... our brain. Now maybe you thought that your

genitals were your sex organs. Boy, were you wrong. The mind's the thing.

If you are familiar with hypnosis and familiar with sex, you will have a question on your mind that I have been asked a million times. "Can a person really have an orgasm just by being hypnotized?" It happened on the radio, as a hypnotist on Howard Stern's show did it. Then again as a hypnotist on the Tom Leykis show did just that. And then I found a video from a well known hypnosis school that shows a woman hypnotized into having an orgasm with no physical contact. If you consider that our subconscious minds can create an orgasm while we sleep, with no contact, then you can imagine that it could be possible during our waking time *if* we can just find the way to access that state in the subconscious mind.

Hypnosis is the vehicle that allows you to access the power of the subconscious mind.

It can help you to change your beliefs, change your perceptions, and change your reality.

And when it comes to sex, many of us would like to change our reality.

The hypnosis techniques in this book will help you to begin to find out more about the sexual potential of the human mind. This book will create the canvas for you to paint your desired reality and step into your new perceptions. This book is not going to change the world. But it might just rock yours!

What is hypnosis?

"In my sexfantasy, nobody ever loves me for my mind. "

-Nora Ephron

Hypnosis is actually not sleep at all. It is simply a relaxed, focused state of concentration. You do it almost every day. Every time you daydream, or visualize an event in the past or future, that's hypnosis. Everyone can experience a state of hypnosis and new research shows that the results are the same regardless of the depth of trance. Sometimes just closing your eyes and taking a deep breath is enough to put yourself into a receptive state. Hypnotherapy is much more than just hypnosis, in that it looks for the deep seated causes of problems and solutions and answers within your own mind. With Hypnotherapy, your subconscious creates new and more powerful ways to solve problems, overcome fears and limitations, and make lasting changes in your life.

Hypnosis is a state of mind that few can agree on. It is most difficult to define, impossible to find, and most hypnotized subjects will emerge saying that they don't think they were hypnotized! There is a deep level of hypnosis called Somnambulism. In this state there is a dramatic slowing of the breathing, heart rate and skin color becomes pale. The

subject however is not asleep. This state is very distinctly different than sleep, in that your subject is very suggestible. Subjects in a state of somnambulism often have amnesia for the suggestions that were given. In other words, upon opening their eyes they will not remember anything that transpired during the session.

Neuro Linguistic Programming is a technology that utilizes the language of the brain. Most NLP processes are relatively simple and yet are able to create profound change in the way the brain processes information. NLP is also a great way to make changes in the way we motivate ourselves, create desirable outcomes, and release the past. Understanding the language of the brain can help us to become powerful persuaders, and create desirable outcomes in business, personal and romantic relationships. Much of my work combines the cutting edge knowledge of Neuro Linguistic Programming and deep trance states to effect change. A growing offshoot of Neuro Linguistic Programming is NLS, which stands for Neuro Linguistic Seduction. Much of what you will learn in part one of this book is gleaned from this concept. There are words and patterns that seduce and create attachment. There is a rapidly growing consciousness that is mastering the use of NLS to simply figure out how to get a date and get laid once in a while. Fascinating actually.

3

The Hypnotic Mind

"Men aren't attracted to me by my mind, they're attracted by what I don't mind."

-Gypsy Rose Lee

Everyone can be hypnotized. Not everyone is suggestible, however. Some people will resist suggestion under hypnosis because they think it would mean they are weak minded, or are being controlled. It is important to remember that a hypnotized person would probably not do anything under hypnosis that they would not do ordinarily. In other words, they will not violate their beliefs or values just because they are hypnotized. There is a very fine line here, and one, which is a subject of much debate among hypnotists.

Can a person be made to do something against their will? Or maybe the more appropriate question....Can I make you dance naked on the table? Here's how it works. You are someone who has never danced naked on a table. You feel it is wrong. I suggest to you in trance that you will do just that and you refuse. End of trust and end of trance.

However, what if your deepest desire is to feel erotic and desired and you have a secret dream to just once, find out what it is like to do an erotic dance. I could suggest that, *"in a moment you are going to feel something that you have always wanted to feel, to experience yourself as more*

beautiful and desirable than you have ever felt. A deep part of you that longs for this feeling is listening to me now, and hears these words. No harm can come to you and you will feel that this is the most natural thing to do. " Now, I have a shot at it. Because now, I may have found a way to make the suggestion congruent with your values. If I did this, I would be running a great risk, because it would potentially destroy the trust that is needed for hypnosis. If you had agreed to dance naked on the table before the trance, then maybe. And make sure it is a sturdy table.

When you hypnotize someone, if you violate that trust, you may never get it back. So, no naked table dancing... unless they beg for it.

Persuasion

Persuasion is an art. The best communicators have mastered persuasion and employ the power of words. Expert persuaders use hypnosis and suggestion in an awake state. We are often in trance during waking hours. We are very suggestible while in waking trance and our mind can become open and receptive to suggestion based on the words that are used. If you craft your words to create a **state** in the subconscious mind, and that state creates willingness to move toward a desired outcome, you are a master persuader. (*Much* more about this later)

Waking trance

We live much of our lives in trance. We slip in and out of trance many times during the day, while driving, reading, and daydreaming. And during that time, the subconscious becomes more open and receptive. A person who is looking

to create a **state** in another person will watch for signs that the person is going into trance during conversation. Breathing slows, eyes dilate, the gaze becomes slightly unfocused, shoulders may drop and the face muscles become relaxed.

During this time of trance, we are suggestible. This is the most valuable learning that you may get from this book. Identify a waking trance in someone and use your power of persuasion with well crafted words, to create a desired outcome. If you have done your homework, and know what the other person wants, you can tap into their dreams and desires. Sad to say... con men are masters at this. They have the ability to find out what we really want, and fulfill our needs with a vision that matches our internal order. When a con man can identify our most basic needs and appeal to us from the language of our desire, we may see him with eyes of trust. This is not to say that master persuaders are con men. The best persuader comes from integrity and good intention. There is a common value in the con man, and the sincere and integrous man. They both understand your desires and dreams. They know how to find your values and speak to you from there.

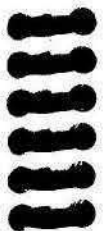
Conditioned responses

A conditioned response is a command that states you will do, feel, hear or see something when the trigger is there. For instance, every time you feel my hand touch your skin you will relax deeper. Every time my hand touches your body, that part of your body will begin to tingle and get warm. That is an example of a conditioned response. During the training in this book, you will create many conditioned responses, some of them post-hypnotic. A post hypnotic suggestion is a

conditioned response that affects you after the trance. For instance:

Every time you see the color red, you will feel warm. If you see it consciously or subconsciously, your body will begin to get warmer, and you will feel a deep sensation of desire building within you.

This creates a response that is conditioned upon you feeling a specific way when the condition is there. In the second part of this book, there are many suggestions for creating conditioned responses and ways to phrase your commands.



Anchoring

A student undergoing a word-association test was asked why a snowstorm put him in mind of sex. He replied frankly:

"Because everything does."

-Honor Tracy

Remember back to a time when you heard a song in High School, and maybe that song was playing when you were with a girl or boy you **liked...maybe** the first time you **kissed...** and now when you hear that song you feel just like you did then. Many of us experience these anchors. That warm, fuzzy feeling growing in you, taking you back to the state you were in at that time is the result of an anchor.

Sounds, smells, words and touch can be powerful anchors. Most anchors are set unintentionally. When we are in a highly emotional state, feeling loved, feeling fear or intense emotion an anchor can be set very effectively. Every time that anchor is triggered, for instance we smell a certain perfume, hear that old song, or see an object, our mind recreates the state we were in at the time. Some anchors are set unintentionally and can cause us great problems. Many phobic responses and fears are the result of an anchor that is stimulating the fear again. If you were in a car accident as a

child, and it happened on a bridge, you might be extremely uncomfortable every time you go over a bridge now. You probably won't know why you have a panicked feeling on bridges and overpasses as the response is taking place on a subconscious level. But you will get a heart pounding, eye opening reaction to the bridge.

You can anchor a response in someone without his or her knowledge or permission. Covert anchoring can be done intentionally or unintentionally. If your girlfriend is upset and you touch her on the shoulder, you may be anchoring this negative state. If this is the only time you touch her or hold her in that way, you might be unintentionally anchoring that negative response. If you previously had set an anchor for a positive emotional state, you could now use this touch to intentionally shift her emotions to elicit a positive state. Or to elicit an on the spot orgasm. Stay tuned, more about this later.

Many public speakers use anchors to increase the effectiveness of their message. A speaker will stand in a specific spot while speaking about positive future events, describing stories about how people feel and react in a positive way. That spot may anchor feeling of hope and dreams come true. The speaker will keep coming back to that spot every time he wants to install a positive future feeling. When that spot is anchored, the speaker will then suggest you sign up for the next training, or buy the book. When the speaker steps into that spot your feelings of hope, dreams coming true, and excitement about the future are triggered. At that moment all you know is that owning that book or attending that training makes you feel great!

Many sales people are learning about covert anchoring to create a state of desire that will help them close the sale. The sales person can anchor positive states in you with the

position of their body, or a unique movement of an arm or touch of their face. Then when they need a positive emotional response from you, boom, they fire the anchor and ask the question. "How will it feel for you when you are able to double your business with our advertising program?" Well, I guess it feels good says the subconscious mind. The answer is, "Where do I sign!"

If you have ever seen Anthony Robbins do a training, you may not have noticed the unusual movements he makes. If you were looking for them you would be as amazed as I am at the blatant anchoring he does. As he tells you a story and he elicits a feeling of hope, or fun or excitement, he slaps his hand against his arm hard. You don't realize why he is doing that, it is dismissed by the conscious mind. If you know what you're looking for and watch closely you begin to notice how powerful of an anchor it is. He re-anchors it, slaps it hard, and when he is ready to elicit that feeling, boom. He slaps his arm hard, and you feel exactly the way he wants you to feel!

Now for a little sexual desire anchoring. This is where it gets fun.

Let's say you are in an intimate conversation with a woman and you ask her about a time when she felt very loved, or a time when she felt completely relaxed. As she tells you, and she re-creates that **state** you notice the response as she is feeling it **now**, and you set an anchor.

An anchor can be a touch- you could touch her shoulder, her hand or finger, or you could anchor it with a touch on your own body. You could touch your chin, ear or just place your fingers together in an unusual way. This anchor needs to be a

unique movement, a touch or movement that is not typical. As a hypnotist, I use an anchor that is a touch on the shoulder. I place my hand on the shoulder muscle and give a little squeeze on the muscle. If I re-enforce the anchor several times, the next time I am with that person I can place my hand on their shoulder, give a little squeeze and your subconscious mind will do the rest!

Think about a few unique anchors you can use with lovers, bosses, friends, and your children. Use them repetitively when you are in good rapport, and anchor those feelings that you want to anchor. Create an anchor for a child when you are proud of him. A touch on the shoulder or neck that is unique, can be re-anchored every time the child is feeling proud of himself. Then when your child is feeling down and needs a boost in her state, use the anchor and say, "I'm proud!"

Stacking Anchors and Sexual Response

You can create a word as an anchor, such as **NICE**, **WONDERFUL**, **EXQUISITE**, and say it while you are using the kinesthetic anchor. Now, you are stacking anchors. Adding an auditory anchor to a kinesthetic anchor deepens the experience. So, in conversation when you have accessed a state in a person's mind, you will want to anchor it. When you have effectively anchored a state, you can re-create that state by firing the anchor and using the word that triggers the auditory anchor.

The nice thing about anchors is every time you re-anchor an experience it will build and strengthen the effect of the anchor.

Then, let's say you want to make your partner feel loved, or feel desire for you, the moment she sees you. You fire your anchors covertly and continue with your conversation, or say nothing at all and allow your anchors to create an intense state of desire.

Sexual anchoring is powerful, especially for women. Well, ok, for men, too. But you have to admit, it doesn't take much to get you guys into a state of desire. Imagine if we built all these anchors and then started using them... you guys would be flat out uncontrollable.

If you choose a word or a touch during a moment of intense sexual desire, especially during a moment of orgasm, and then fire that anchor later during normal conversation, you will recreate that state of desire. During sexual desire and especially during orgasm the mind is very open and receptive to suggestion. . During that moment, you can place a physical or anchor. This kinesthetic anchor needs to be something that you could easily use later, while in conversation or in public.

It could be a squeeze of the shoulder,
a stroke on the neck,
a hand on the cheek,
a touch on the ear.

A well set anchor, repeated during several orgasmic moments can be a gold mine later. During that same time you can stack anchors. As you touch or squeeze her to set the kinesthetic anchor say a word or phrase that will connect with this state.

Something like,
I WANT YOU NOW
Or, **I'M YOURS**

Or, WARM IN HERE

Then later, during a conversation, you can fire your kinesthetic anchor and say the words at the same time. You could even be commenting about the temperature of the room, and as you say "Is it just me, or is it getting WARM IN HERE"... and then you use the K anchor as well. You are accessing an orgasm state.

Later, when you are together during a conversation, you can intentionally fire this anchor. If you have properly stacked your anchors and use them during a waking trance you will probably have to leave the restaurant. In other words, touch her EXACTLY like you touched her during that orgasm. It will connect with the feelings of ecstasy and start the heart pumping... for you! If you do this right, don't be surprised if she suddenly wants to go somewhere quiet with you. Well, it might not be quiet for long...

The Whisper Anchor

A whisper already has an effect of making us curious, wanting to hear what nobody else should hear. When you lean over and say something softly into your lover's ear it will create a very focused state just because it is a whisper. You can also embed suggestions in the whisper. So imagine using your anchors to elicit a state of desire, then leaning in and whispering what it is that you want! A well placed word or phrase that has been anchored during a state of desire, such as **I want you now**, in a low whisper can be sensational. Set this anchor during sex. Use the exact same wording each time and say it in a whisper. Then fire the anchor later in a public setting. Whisper it low and soft, and even if your partner acts like they don't hear it, rest assured that there subconscious mind heard you just fine.

Covert Hypnosis and Mind Control

"Between the two evils, I always pick the one I never tried before."

-Mae West

One of the most asked question for hypnotists is probably about whether or not it is possible to control someone's mind with hypnosis.

It is, for the most part, not possible to do mind control with hypnosis, unless you have your subject in an environment where they will not have outside influences, are deprived of certain needs, deprived of sleep and food, and rewarded for being obedient and faithful. It is a myth that I could walk up to you, snap my fingers and say **sleep**, and have you fall into my arms in a puddle.

You have probably seen this in stage hypnosis or on TV, and it does work when the *expectation* is there, and the subject has volunteered to come up and be hypnotized. If someone has volunteered, and chosen to come up on stage, I need only look in his eyes and watch him melt. It probably won't happen to the man on the street. Although if it could, you know I would have some major fun with it.

When you learn hypnosis, and you tell someone you are a hypnotist, you have unlocked the first door. They will probably be intrigued and pre-conditioned just knowing that you are a hypnotist. They may think you have some mystical power and their subconscious mind may begin to go into a trance just looking into your eyes. In my experience, most people are curious about hypnosis and have always wondered what it will be like to be hypnotized. So, there is a good state, yes?

Interest, Curiosity, Desire, Trance

You can intensify the amount of desire, or the object of desire with hypnosis. In trance, whether it is waking trance or closed eye trance, inserting words like, want me... closer to me... **feel better here...** as you trust me... can influence the mind into creating the desire for the person who is speaking. In the section on language patterns and embedded commands you will learn valuable ways to influence the mind into desire, willingness, and trust. You could also create desire for something like a certain sexual act, position, or favor. You could create a desire for oral sex in a woman who previously had no desire for it. (Now I have your attention, huh?)

However, if you are total putz, none of this will help you. You are going to have to study up on charisma and rapport. Trance and language patterns are good, but they cannot make up for bad intentions, stupidity, evil thoughts, or bad teeth.

Mind control in many ways is a misconception. We don't really have the ability to control someone else's mind with or without hypnosis. When a person responds to our suggestion, on some level there was agreement. Hypnosis and Waking Trance, can help to create a state of mind where we are more

persuaded to do something or go along with something. The degree to which someone's mind agrees to go along with something is based on the level of trust. If there is no trust, there can be no hypnosis, or trance. And if there is no trance there is no suggestibility.

Hypnotic Response in Deep Trance

"Lead me not into temptation, I can find the way myself."

-Rita Mae Brown

Hypnosis can create amazing effects in deep trance. A person can be made to feel pain, to eliminate pain, get aroused, have orgasms, hallucinate the future, change bodily functions, slow heart rate, and even stop pain to the extent that surgery can be done under hypnosis as the only anesthesia. There is a well known effect of hypnosis that really shows how powerful the mind can be in creating a physical response based on thought. A person who is hypnotized can be told that they are going to feel a hot coal placed on their leg. An ice cube is placed on the leg and the brain has difficulty distinguishing this feeling from the intense heat of what it thinks is a hot coal. Now, the really exciting part is that in many cases, the skin will actually produce a burn. The skin will react just as a burned area of skin would, creating a blister and filling with fluid.

If our minds are this powerful, and respond with such a dramatic change in the physiology with only a thought, imagine the possibilities for sexual pleasure! Not that we are

going to be inflicting burns, honest. It is just an example of the mind's ability to respond to suggestion.

You cannot underestimate the power of thought. It is the one and only thing that truly creates your reality, your perceptions and your beliefs. Your thought is the thing that you own, that you have control of, and that you choose. In my experience, with thousands of hours of hypnosis and hypnotherapy, I can tell you that I am still amazed at the ability of the subconscious mind to create the reality it desires and the response it has to the thoughts we think.

I have worked with a lot of sexually dysfunctional and frustrated people. I know that their thoughts and *the way they choose to respond* to those thoughts, is the one thing they own. *The one thing*, that can bring intense happiness or intense sorrow, the one thing that is free and that nobody else can give you, sell you, or choose for you, is your ability to choose your thoughts. When someone who is impotent thinks about having sex, they typically think about the impending failure that is going to happen. If someone has premature ejaculation they think about how disappointed they will be... and usually nothing else! If you want to change the outcome you have to give your mind another possibility. If the only possible outcome is failure, then your mind can only find and produce all the responses needed to fulfill that outcome.

You get to choose your thoughts. You get to choose how you feel on a minute to minute basis. If you project into the future minute or hour how bad you are going to feel, or how disappointed you will be when you can't get an erection, then you produce only those feelings that go with that outcome.

I have a little mantra that I use when I don't like the way I feel. It is... "I choose how I feel". Now... I am reminded that I can continue to feel this way or start feeling some other way! You also choose the way you think, so pay attention.

7

Erotic Use of Hypnosis

"I generally avoid temptation, unless I can't resist it."

-Mae West

You can illuminate the entire body to the point that it experiences a sensational orgasm in the entire body, or responds only to one person's touch, or makes it impossible to move the arms or legs (a little hypnotic bondage), or for a man to have multiple orgasms without ejaculating. A woman could suggest to a man, that he will not be able to come until she says the word, or that he will not be able to have an erection for anyone but her. (Not nice, but hey, we chicks are looking for anything that will keep you from straying).

A post hypnotic suggestion to create desire could be:

"Whenever you see me touch my chin and say **deeper**, your body will get warm, your genitals will become very tingly and aroused... and with every breath you breathe....as you inhale that sensation will increase and grow and spread throughout your body."

Or this..

"Whenever you hear the phone ring and it is my voice, your body will respond... your heartbeat will increase with every word that I say, as you feel this sensation growing deep inside of you, that sensation creates desire with each beat of your heart. This desire is for me, my smell, my touch, my body pressed against yours..." OK, you get the idea. Is it warm in here, or is it just me?

Once hypnotized, the mind has many possibilities for ways to experience pleasure. You could live out a forbidden fantasy, be actors in an erotic movie, increase sensation when you snap your fingers, turn up the intensity with a key word, suggest that you taste like the most delicious chocolate sauce, make genitals very sensitive to touch or to a puff of breath, create an orgasmic response from head to toe, become an animal and allow all your instincts to take over. You can travel together in trance, going to a place where both of you share an experience of extreme pleasure or a journey to an island paradise together. You can create a pleasure room in your mind, where upon passing through the door, you are only capable of receiving pleasure and enjoying the awaiting adventure! Once in this pleasure room, every sensation, touch or word could bring feelings of pleasure. The possibilities are endless, and if you have a basic knowledge of hypnosis, you can go straight to the scripts or to the CD or tape.

If you are still working on gaining rapport and having enough charisma so that you can actually have someone to hypnotize, then read on. You can learn to be magnetic, charismatic and irresistible. And imagine how nice it will be... to feel close and connected and explore the possibilities of your hypnotic mind.

Hypnotic Agreement and Consent

The phone rang in the house and I answered it and this voice said, "Hello, how would you like a dirty weekend in Paris?" And then there was a silence and the voice said, "I'm sorry. Have I shocked you ? " And I said, "God no - I was just packing."
-Helen Lederer

A person will not be hypnotized against their will. They can reject anything you suggest. But sometimes they don't know they can reject it, or the offer is just too irresistible! So at times the suggestion *can* have an effect because the person worries that it *will* have an effect. Or it may have an effect because they want it to have an effect.

You might suggest:

Every time you touch your keys, your desire for me becomes greater and every time you hear your keys jingle... your desire for me grows and becomes almost unbearable, and you find that you can think of nothing

else. The more you try to think of something else... the more your mind comes back to me... and the deep desire you feel... and you want and allow this to happen.

Now, your subject has a choice of *not* accepting that suggestion, but the worry it creates for them about how they will respond when they touch their keys, will feed the suggestion over and over to their mind. What you resist persists.

Another example would be in the case of insomnia. When an insomniac worries so much about whether or not they will sleep, that the worry alone creates the insomnia. The more they try not to think about whether or not they will sleep well the more anxiety it creates, producing the very thing they don't want.

Anytime you word a suggestion this way it becomes what is called, **the law of reverse effect.**

The more you try to _____, the more you will find that you _____.

Or:

Every time you think of _____, you will feel _____ and the more you try not to think of _____, the stronger this effect will be.

When you form suggestions for your lover think about ways that you can create this reversed effect. Once you set up the possibility that they won't be able to think of anything else the suggestion will grow and become self-fulfilling.

9

Rapport

*"What comes first in a relationship is lust-
then more **lust**."*

-Jacqueline Bisset

In order to create hypnosis there must first be rapport. When rapport is established, there is trust, and when the rapport deepens there is a subconscious trust. There can rarely be suggestibility without trust. There can be no trance without trust. To have trust, you must first be in good rapport with your subject.

Rapport is the ability that some people come by naturally. We say that they have charisma. These people seem to have a magnetic personality. People who are able to create instant rapport have a lot of charm, and are very likable.

The good news is that you don't have to be born with great rapport. You can learn to have rapport and charisma, and with hypnosis you will learn to get yourself into a magnetic state on command. Being magnetic has its advantages!

How do you create Instant Rapport?

Having instant rapport allows us to persuade others. Persuasion is the art of bringing someone over to your way of thinking, whether it is for love, money or power. Persuasion can be achieved through language, intention and non-verbal communication. When we meet people who are very persuasive and seem genuine and sincere, we have to make a decision on some level to trust them. That decision is made based on what some people call a gut feeling. This gut feeling can be the result of words, body movements, eye movements, tone of voice, and the ability of the subconscious mind to perceive and compute these at an unconscious level.

What is congruence?

Our mind unconsciously has the ability to find congruence (in other words, does what you *say* match what you mean?) and check all the data to find out if these verbal messages are matching the internal messages. This congruence is what creates trust in the subconscious mind. When your words, body movements, eye movements, tone of voice all match on a subconscious level, it creates confidence and trust. Our subconscious mind knows if this trust is congruent and that is how we base our decisions on having sex, spending money, falling in love, and entering business relationships. Practicing these rapport skills is going to give you an advantage not only sexual, these skills will pay off big in your business and personal relationships.

How does rapport make me Charismatic?

Charisma is the charm that some people have when they have excellent skills in making all the outward signs match

the internal signs. Add passion and sincerity, including internal integrity and intention and you become charismatic. One thing that charismatic people have in common is passion. They are excited about life and their words convey a passion for what they are doing. Notice some of the charismatic people that you know, and the one thing they all have in common is passion.

Charisma can be learned and when a person has great skills in creating excellent rapport, congruence, and passion they have charisma. When you have charisma, you can be a very sincere man or woman and be very desirable to be around. When you are around someone who experiences life with passion you feel your own passion beginning to ignite. Your life feels a little more interesting and you feel more desirable. This is the heart of magnetism.

So, what we want to do is:

1. create excellent rapport
2. gain trust
3. induce a waking trance
4. give suggestions
5. persuade another to come around to our way of thinking
6. create an irresistible magnetism

First and foremost, you must learn to create INSTANT RAPPORT. Good rapport is the way we feel about someone when we are **alike**. When the other person feels instantly comfortable with you and they don't really know why, that is probably great rapport. They say, "I like him, he is a lot like me, he thinks like me, he understands me. I want to be closer to him."

10

A Master at Rapport

"I am in favor of preserving the French habit of kissing ladies' hands - after all, one must start somewhere."

- Sacha Guitry

So, you want to become a master of rapport? You must start slowly and learn these skills, or rather *master* these skills one at a time until they become natural. It may seem odd the first few days, but then it will become automatic. As it becomes automatic you may find that other people respond to you differently. You may discover that others seem more interested in you, or more focused on what you have to say.

Here is your assignment for the next few days. You will create instant rapport with everyone you meet. Even on the phone, (matching voice tone and tempo) you will create instant rapport. You must learn this before you can do any hypnosis, waking trance or suggestibility.

1. Match and Mirror the body movements.

This one is very important. People who have charisma do this automatically. You stand like them, with the same body posture, you sit like them with your legs in a similar position. You gesture like them, almost as if you are a mirror. You tilt your head like them when they tilt theirs. They will *not* notice that you are doing this consciously. It will be perceived by their subconscious mind on a deep level and they will begin to trust you without knowing why. The subconscious mind says that you are a lot like them. And we *like* people who are *like* us. You might feel uncomfortable doing this at first, and a little self conscious but it will get easier with time, and soon it will become automatic. Once you have the basics of matching and mirroring, you can use self hypnosis to make this skill become an unconscious automatic ability. You will be able to enter their reality and create an incredible connection.

Use the tape or CD for magnetism. It will help you to have great unconscious rapport and will speed up the learning process. Listen to this tape for the entire week while you are practicing your rapport skills.

2. Match the persons pace and tone in their voice.

Talk like them, speak slow and easy if they talk slow, fast and excited if they talk fast, and if they are monotone, you must be monotone. If they are excited you must match that level of excitement. If they are sad, you must first meet them in their sad state. It is true that happiness is contagious, but not when someone is in a very different state than that. Once you match their pace, you can then lead them into excitement, happiness or the state you desire.

3. Eye contact.

You must maintain eye contact *only to the extent* that they maintain eye contact with you.

If someone looks directly and constantly into your eyes, you match it.

If they have wandering eyes, then yours must wander as well.

You will create great discomfort for them if you have too much eye contact when they are not comfortable with strong eye contact. It will tell their subconscious mind that you are suspicious or invasive. And if they have strong eye contact, you must get comfortable with it, and allow them to see into your eyes as well. Your eyes cannot dart around the room or avoid their glance.

4. Standing

The position we take when we stand or sit with someone creates comfort. Women have no problem standing in a front to front position with other women and there is no invasion of personal space from this positioning. However, in the case of two men, or a man and a woman, you must change the position to a 90-degree angle.

For comfort and rapport where there are two men standing, they should stand at an angle to each other.

A man and woman should stand at an angle until you have good rapport. Once rapport is established, you can enter his or her personal space and stand face to face.

Two women can stand face to face without it being invasive. A woman will feel comfortable if you stand face to face with her once rapport is established, however a man will not.

5. Listening.

Before you respond to someone's statement or question, you must get across to him or her that you have heard what they said. This tells me that the person truly cares about me, that he cares about what I say, and that I can trust him.

Before you speak, take a deep breath and pause. This tells the subconscious mind of your partner that you *heard* what was said and this creates trust.

If you learn nothing else from this book, **learn this:**

There is a great deal of sincerity, caring and trust that is created when someone conveys that they are listening and attentive to our needs. By taking a breath before you speak, you create a wonderful atmosphere of caring and trust.

If you are a habitual interrupter, it may be time to stop talking and start listening. If you listen 90% of the time and speak 10% of the time in a conversation, you will probably be well liked!

Interrupting tells me that you *don't care what I have to say*. You are not interested in who I am, and that *what you have to say is way more important than anything I could possibly say*. If you are an interrupter you will have a difficult time establishing good rapport.

Do these things for one week with **everyone** that you can. Refine these skills to the point where you are very comfortable with it.

Remember that in order to create a Waking Hypnotic Trance in which suggestions are accepted by the subconscious we must first create trust. To create trust, we must have rapport. There is much more to learn, and once you master these skills you master the trance skills and create an opening for

trance to happen. These rapport skills are subtle to the conscious mind, but to the subconscious mind they are gold.

Now, do it for a week. Don't just think about it, don't just agree that this is a good idea, actually do it! Listen to the Hypnosis for Magnetism tape every day as you are creating excellent rapport.

11

Creating a Waking Trance

"If you obey all the rules, you miss all the fun."

-Katherine Hepburn

Matching-Pacing-Leading

Let's say you have mastered Rapport and you are giving out all the signals to his or her subconscious mind to trust you and like you, and you are listening sincerely. Now you can begin to create a waking trance. In a waking trance we begin to ask our partner's subconscious mind to follow us by pacing and leading. Once the mind is unconsciously following us, we can then lead it into trance.

Now you are ready to take your excellent rapport to the next level.

You can begin now to match your partner's breathing. Matching breathing can create a powerful connection with his or her subconscious mind.

Breathe at the same pace as your partner. The subconscious mind will perceive this as a deep signal that he or she can trust you because you are so much like them. The previous skills you mastered, of matching and mirroring, should be

almost automatic before you begin matching and pacing the breathing, so as you match the breathing it will easily fit in and flow.

One way that you can help your mind to learn this is to notice the speech patterns. As someone speaks, they are breathing out. As they pause, they are breathing in. Allow your breath to match their speech. When they are not breathing watch for the rise and fall of their chest. The breathing connection can be made very elegantly if you are not actively thinking about what movements you are trying to match. So, you should have your matching and mirroring by now, automatic.

Remember the subtle cues of rapport and remember to fold your arms closed if theirs are closed, cross your legs if theirs are crossed, avoid eye contact if they do, keep eye contact if they do. By now you are probably doing all of this automatically and you are ready to learn to pace and lead.

You can even match, mirror and pace someone who you are not even having a conversation with. You can do this with someone who is sitting or standing across a crowded room. The unconscious mind perceives much more than we can imagine and our mind will pick out of a group of people the ones who are most like us.

I paced someone in an airport recently to test this theory. There were several hundred people waiting to board the plane. I chose a man, about 30 feet away, matched his movements, stance, breathing, but never made eye contact or even so much as a smile. A few minutes later, when I was in line to board, he walked right up next to me and said hi. This was more than a coincidence. His mind unconsciously found

my similarity and out of a group of people and possibilities was drawn to the one who was most like him.

Now that you are in Rapport, you are matching movements, breathing together, pacing voice and tone, you can begin to lead. Leading is the beginning of creating a waking trance. You can only lead once you are in deep rapport, and when the mind is unconsciously tuned in.

As you lead the other person, you will find out what an amazing influence you have with your new power of persuasion.

Leading means that we can change the way another person feels by changing our outward posture and body language or by the tempo or tone of our voice. If you are in good rapport and you change your posture, tone, or pace of your words, the other person will usually follow. This is a lot of fun when you notice that it is working. If your partner does not follow your lead, then you were not in good rapport.

If you have been matching the voice tempo and volume, you can begin to lead with the tone of your voice. This is where you can begin to speak in a rhythm, and a more relaxing tone slowing your voice down to about 60 beats per minute. This will bring their heart rate down to a deeper level of relaxation.

Physical leading starts with a body movement. When you are matching the breathing, tone, and physical posture, and are in rapport.... now you can lead. Begin to lead with your movements. Slow down your arms and finger movements, let all of your body physiology relax and slow down. Your partner's mind will notice these almost imperceptible details and begin to follow.

Drop your shoulders, relax your face muscles, let your arms and hands get heavy. Everything that you do to relax, she will begin to match and relax as well.

Start by slowly uncrossing your arms. Try doing that as you both **exhale**, as it will feel like a sense of relief.

Next, uncross your legs. He or she should, at this point, follow your movements and uncross her legs and not be aware of why they're doing it.

A small movement, such as a hand up to your face, will often be duplicated. Try a simple movement of reaching for your glass, nodding your head, tilting your head, etc. If your leading is effectively being followed, you are in good rapport and leading.

A person's breathing will respond to leading and you can slow down the heart rate, blood pressure and really help someone relax when you pace their breathing. This also becomes a very erotic and sexually stimulating form of leading.

Slow your breathing down, sigh, and slow your hand and body movements down. Remember to match the breathing (very powerful) for a while before you lead with your breathing.

Now try to develop some rhythm in your voice, slowing down letting your words flow very smoothly.

Lower the tone of your voice, and slow down the pace of your words. Your partner should now begin to talk slower.

Exhale when they do, pause before you speak, and lead them into a wonderfully relaxed state.

Create a rapport mantra in your mind. As you converse allow this rapport mantra relax you and her. It is a heck of a lot better than an inner voice that says, "I hope she is relaxing, what if she doesn't follow me, this will never work." Or, "What if she doesn't like me, I can never find anything interesting to say, what if she notices I am nervous." The mind unconsciously will pick up the intention of this mantra.

So, find one that relaxes you and carries the message that you want to send.

I am *like* you, I trust you, and you trust me.

As you repeat this in your mind, it will create a greater atmosphere of trust and will help create a comfortable outward look in your face and your body to convey a simple message.

If you are in rapport, you can now begin to do some very small movements that will begin to create a waking trance. On the table, or on your glass, begin to create a slow rhythm with your hand or just one finger. This almost imperceptible movement will be picked up by the subconscious mind, but rarely noticed by the conscious mind. Try to get the rhythm to about 60 beats per minute. (which is about one per second) That will help the heart rate to slow down to match that rhythm of your hand and begin the waking trance. Another way to create that rhythm is to make very tiny circles with your first finger on the table or a glass. For a woman, this can be perceived as very erotic, and can stimulate her mind to think about having her clitoris or nipple slowly rubbed. This is best if it is very subtle so that the conscious mind cannot filter it out. Women can stroke a stem of a wine glass (this one I won't have to explain) or make slow back and forth movements on a table or along the finger of her other hand. Many times we do this automatically when we are entering the sexual rapport zone.

I cannot tell you how many times I have caught myself unconsciously stroking the stem of that wineglass! Talk about body language! Many women do that automatically without being aware of the message.

After a certain amount of time in sexual rapport you can create a deep and comforting sigh... a very light little sigh... and the subconscious will feel a sense of relief, similar to the feeling of having had an orgasm. All the while, you are matching his or her breathing, leaning in when she leans in, leaning away as he leans away, and moving together as a mirror. Her mind, during this time will be reaffirming how much you are *like* her, and continue to build an atmosphere of trust. And in that trust there are words and language patterns that you can use to begin the trance. A nice, almost imperceptible sigh placed right into these tiny movements can really open up desire.

Watch for her little tiny movements now. There are movements that indicate receptiveness and desire.

Look for a tilt of the head. This usually indicates curiosity and a desire to know more.

In a woman, look for fingers playing with her hair, or stroking her hair or neck. This is a good subconscious indication that she wants to be touched by you. (Don't touch her yet)

Look for movements of the fingers such as stroking a glass, stroking another finger, neck, and face. All of these are signals that she is comfortable and in rapport with you. Match these little movements on your own and notice how she does them. Find a similar movement that you can do on your glass, the table, or your other finger. And don't worry about whether she can see it or not, her subconscious mind is perceiving it, and it is better if she is not aware of it

consciously because that is what hypnosis is... the bypass of the conscious mind. The trance begins when she perceives things on an *other than conscious* level. The less these movements are seen by the conscious mind, the more that subconscious can accept them without the conscious mind filtering them and analyzing them.

Rhythm

Rhythm, especially when it is perceived below the conscious level, is a trance inducer. I guess that is why when you think about hypnosis, you think about the dangling watch slowly going back and forth as the subject slips into a deep trance.

Hypnotic rhythm is all around us and is used for advertising, in retail stores and in churches. What seems like the pulsing hum of an air conditioner, may actually be a well planned recording cycling at a beat that will place you into a more suggestible mindset. It also makes us lose track of time and linger longer where we are. In trance there is typically a time distortion in the amount of perceived time that has passed. In a hypnosis session if I ask the client how long they think they were in trance, they usually say 10 minutes or so, when in reality it was anywhere from 30-60 minutes. This time distortion in waking trance is responsible for the feelings we have of time flying by.

Last time you were driving down the highway and went past your exit without noticing how far you'd driven you were probably in a trance and lost track of time. The rhythm of the road often creates what is called highway hypnosis.

You can create a hypnotic rhythm during conversation that will put your partner at ease and make them more suggestible. Remember that first you must have rapport.

You can create a subtle rhythm with your voice, pacing your words to have a slow, steady movement to them. If you practice, your conversation will begin to take on a poetic feel as your rhythm carries your words from an ordinary bit of conversation, to an en-trancing and poetic flow of words.

The rhythm can be created in your body movements. If you are standing you can begin a very slow sway from side to side. It doesn't need to be much, but you will notice your partner swaying to match your rhythm in a short time.

Sitting at a table you can use many things to create this rhythm. Begin a slow rhythmic movement that your partner can see, maybe rubbing your fingers on the glass, on the table, or on your other hand. Continue this movement slowly and steadily. Their mind will unconsciously perceive the movement, follow it and begin to enter trance. Match the rhythm that is in your voice as it lowers and becomes soft, easy and comfortable. You are close to creating a waking trance.

13

Breaking Rapport

All this time you are creating fabulous rapport, desire is building, she is getting warm and tingly, and then suddenly everything changes. She leans away, crosses her arms, or looks to the side, or her eyes are averted. What happened? Something broke rapport. In an instant, as quickly as rapport can be established, it can be broken. Many times it is little things that you do, that are not a problem for you, but they are for somebody else. Here are a few.

Looking away at another woman.

When you are in deep rapport, you are being scrutinized unconsciously by her inner mind. The moment you look away and glance at another woman, before she could even consciously analyze it, her unconscious mind found a break in the matching energy. It would be almost as if there was a good movie playing and the film suddenly broke. Her mind says, *If you like me so much, how did that other woman catch your eye, and steal you away?!* Her mind has processed this on an unconscious level at the speed of light. It says that everything you just did and said may not be congruent with what you *really* mean or want, or may not be congruent with your true intention.

Looking at her breasts

At some point you think. *..A careful glance at the breasts, an undetected wandering of the eyes, couldn't hurt, after all she is looking away... not noticing....* Unless a part of her is noticing. Remember how perceptive the subconscious mind is and how it sees all, knows all, hears all. This is one of those times. So, she glances away and you glance down at her breasts, and feeling guilty about peeking you quickly look away.

This causes distrust, even if you are only looking at them while she is looking away, her subconscious mind saw it. From a woman's perspective it is one of those very confusing aspects of ourselves that even *we* don't quite understand. Here is what our mind thinks "I *want* you to look at my beautiful breasts, I *want* you to touch them, stroke them and bring me waves of pleasure.... that is why I push them up and out of my dress like this, however the moment you glance at them, a part of me decides that *all* you want is me naked and I am not yet convinced that you want me for my mind, and also care about me deeply...so... you better keep your eyes up here, bub. For now anyway."

Remember...

Interrupting is a powerful rapport breaker. (Remember to take the breath after she is done speaking, and before you begin your sentence)

Interrupting also tells her that you don't *really care* about what she says, and what *you* have to say is more important than what she has to say.

Other little things that break rapport:

Tapping impatiently with a finger or hand
 Cracking knuckles
 Jangling change in your pocket
 Nervous eyes, darting back and forth
 Fidgeting
 Bad breath
 Bad teeth
 Boasting about yourself
 Talking too fast
 Biting your fingernails
 Yawning
 Too much eye contact
 Not enough eye contact
 Pointing at your partner to make a point
 Pointing at your partner for any reason

What does a woman really want?

To feel beautiful and to feel special.

It is not enough to hear you say it. It must be congruent with what you are saying, projecting and expressing. When you say all the right things and then you are doing things that break rapport, she no longer feels beautiful and special. Remember how powerful our subconscious minds are at detecting incongruence. Notice the things that others do that bug you, or make you bored. Notice what people do who fascinate you and have charisma. Chances are that their body language and behavior is in agreement with what they are saying. Begin to model those qualities and become congruent in your message.

Sometimes you may want to break rapport. You may need to get out of the conversation you are in. You can intentionally break rapport by changing your body language, posture, and

tempo of your voice. Mismatch the other person as much as possible and change your tempo. When you need to break rapport possibly during business negotiations that are not going properly, or a conversation that is asking questions you would rather not answer, you want to create discomfort. Changing tempo, and learning how to get out of rapport quickly, can help shift the other person so you can make a fast break.

14

Deepening Rapport and Creating Trance

Lets say you have mastered Rapport and you are giving out all the signals to her subconscious mind to trust you and like you, and you are listening sincerely. You have tested your rapport by leading, and all the signals are there that she and you are in great rapport. Now you can begin to create a waking trance.

You are ready to take the rapport to the next level. You now begin to match her breathing. You must breath at the same pace that she is. Her mind will perceive this as a deep signal that *she can trust you because you are so much like her*. The previous skills of matching and mirroring should be almost automatic before you go to the breathing matching, so it will fit in and flow. Also, if these skills are becoming automatic, you will not look like a total goober as you are trying to coordinate all these new skills at one time. Learn one, master it then move on to the next.

Breathing together creates a powerful unconscious sexual state. Sex is initiated in the mind and we can create our sexual reality by being inside of each other's minds. The easiest way to do this is to breathe together.

A tantric sex practice teaches a breathing technique that some say can bring one to the state of orgasm as a result of the deeply shared energy. This technique is simple. The two of you sit or lay in a position where your faces are very close. As one partner exhales the other partner simultaneously inhales. Then as that partner exhales the other inhales. This creates a circular flow of breath and a powerful state of connection. The effect is that you are breathing in your lover's energy through their breath, and breathing your sexual energy out to them as they inhale it. There is an intense matching that is happening and a deeply arousing build of energy. The matching is probably the most powerful aspect of this erotic exchange.

Matching your partner's breathing can be done in a way that feels natural and easy. The last time you were feeling very connected you were probably already matching breathing without even knowing it. And if it can be done on an unconscious level and you choose those times when you want to strengthen the sexual feelings and get deeper into waking trance, you may notice how this breathing brings out your own feelings of sexual desire.

Use your rapport mantra at this time so your unconscious mind will enter her reality. (from the audio portion)

I am like you, I trust you, you trust me. (If that doesn't fit you, choose one of your own that puts you in a connected state.)

15

Eye Contact

The eyes are the window to the soul.

Eye contact that doesn't match can really hurt rapport. You can say so much in your communication of your eyes, and you can lose so much if you communicate the wrong message.

Now is a good time to gaze into her eyes for just a little too long.

Notice that there is a difference between staring and gazing. Try a gaze that feels as if you cannot take your eyes off of her. Turn your head to the side... as if to look away, while keeping your eyes on her. Look on with sincerity and acceptance. This is the difference between gazing and staring.

Breathe your intention (and yes your intention should be good, not evil) outward to her as you send your thought through your eyes. A well-intentioned gaze can melt a woman. I think many people are afraid of eye contact. It may be the discomfort that we have in our own souls that makes it

hard for us to maintain good, open eye contact. Maybe it is because we don't want others to see too deep inside of us. If you have trouble with eye contact it will be very hard for people to see you as sincere, open and honest. Bad eye contact states very loudly that you have something to hide. It says that you are not willing to get close and let someone in. You can get more comfortable with eye contact with practice. If you have a friend who can help you, you can do a little practice.

Exercise for Better Eye Contact

Sit in two chairs facing each other, so that your knees are almost touching. On the first round, maintain eye contact for only one minute. Sixty short seconds without saying a word.... But these sixty may feel like an eternity. After sixty seconds, tell each other what your experience was. Talk about how it felt, what you felt the other person was projecting, and about the feelings you were projecting.

Next, maintain eye contact for two minutes. This time focus on a word that carries a feeling, without verbalizing the word, to the other person. During the entire time continue to send your thought through your eye contact to the other person. Here are some possibilities for you.

Trust, safety, sensual, sad, pleasing, loving, fearful, curious, excited, erotic, healing.

After the two minutes, talk about what you felt you were receiving from the other person. This exercise will greatly increase your ability to read another persons intentions. It will also help you to be more comfortable with good, trusting, inviting eye contact.

Look at her body

Permission granted! If you have good rapport and trust you can now look down at her body in an admiring way, sweeping slowly with your eyes from head to toe. Now here is an important part. Bring your eyes back up to hers after surveying her body. When you bring your eyes back to hers after gazing at her body, it conveys adoration, and approval. It says that you are not ashamed of what you did, rather than feeling guilty by looking away.

When you look back in her eyes, take a deep breath and sigh. Say, *you are so beautiful*. Or just one word... *lovely*. As a woman I can tell you that this can be a powerful rapport maker! When a man looks at me in that open and obvious way and adores my body, hair or face it gives him permission to take the next step!

16

Primary Representational System

We all have a primary way of experiencing our lives, our selves and the events around us. Some of us are visual, some are auditory, and some are kinesthetic. If you are creating rapport with someone who is primarily visual in processing information, and you speak and describe in auditory terms, it will be very difficult to connect and create rapport.

For instance a husband says about his wife, "I don't understand why my wife doesn't think I love her. I tell her I love her everyday. How could I make it sound any clearer to her. It sounds like we just aren't made for each other after all."

This tells me that he is primarily auditory. The way that he knows he is loved is by *hearing* it, and the way that he expects others to feel loved is by *telling* them. It is only the most obvious thing in the world to him, that in order to express your love, you must tell the other person.

Here is what she says. "I just don't feel loved by him. I feel like I am unlovable. He hardly ever touches me, and I don't get a feeling of warmth from him. " She feels loved when someone responds to her *kinesthetic* needs. She needs to be touched, to be held, and to feel warm and comforted *kinesthetically* in order to know that she is loved. She also says, "I know he tells me he loves me, but those are just words and I the words just feel empty to me."

AHA! Now, you might understand why so many couples are expressing the same thing but the way it is received doesn't have the right connection for them.

No matter what your communication is, it will have the most powerful effect if you know which representational system to send it to. There is no wrong way to process information. Visual, auditory or kinesthetic are all wonderful and unique. There are no right or wrong ways to experience life. However, we all do it differently and if you are going to be a master at rapport you must find the system key.

Begin to notice if your partner is visual, kinesthetic, or auditory. (I know this is a lot to learn, but it does get automatic after a while.) A good way to find out is to ask a question that will demand the answer you need.

"Where did you go on vacation?"

"What did you like most about the vacation?"

"What was the most relaxing thing you did?"

Visual: The sunsets were beautiful, just out of this world. I could really see myself going back there next year.

When I laid in the hammock I could see the stars above and that view was one to remember.

Auditory: The sound of the waves was so soothing, it was so quiet there.

I listened to music at night, it seemed to float over the beach right to me and I told myself I would come back here next year.

Kinesthetic: I loved laying on the warm sand, it was so comforting to feel myself soak up the warm, soothing sun.

I took a long walk and I felt so at peace and had a real sense of balance.... I feel I would go back next year.

This is a great way to find out their primary system. Now you can use your words to appeal to your partner in ways that will really connect for her. Tell your story from his or her system. Change your visual words to auditory words, or kinesthetic descriptions.

Let your words paint a picture in her mind (V), or sound like music to her ears (A), or create a soothing feeling in her soul (K)! And let the words flow smoothly, and descriptively. In my hypnotherapy practice I use as many different types of words as possible to include all three systems. Many of us have a primary modality and also process in a secondary modality. If you create a multi-sensory experience you'll have all your bases covered. Create words that have feeling, color, and sound. For instance....

"I was at a most beautiful place a few days ago, a hillside overlooking the valley, perhaps you have seen it? The sounds of the birds were very clear, it was the clearest day I think I have ever seen. Anyway, it seemed like I could hear the sounds of the birds even though they were far away, and then I noticed how many other sounds I could hear, almost as if I were hearing them inside of

me.... Maybe you know what I mean. The reason I am telling you this is because of the very *special feeling it gave me*, a feeling that I was almost *connected somehow*, connected with nature, with the sounds ... almost as if the wind and the warm sun had a voice. You might think it is a little odd, but sometimes there is a moment when you notice that *everything feels right*, I mean... that you see things more clearly, you hear sounds deeper, and it just feels like you are meant to *be right here, right now*. Well, maybe you don't know, I didn't know until just then, like *just in this instant*, what it felt like to be totally *entranced by my surroundings*. It felt like I couldn't leave, like I wanted to *stay forever*. It almost feels sensual... like the most satisfying sexual experience... to be *this connected* with something. Do you know what I mean? Have you ever felt like that?"

In this story you have created a path to all of her senses. You have opened up a place in her subconscious where she can feel what she hears and sees, and a suggestion for her inner mind to KNOW in an instant that she is entranced and "in tranced". The words in italics are an example of embedded suggestions that will suggest to her subconscious mind that she should feel that way now.

When she tells you about a time when *she* felt like that, you will have a better idea of which sense she predominately uses. Listen as she describes an experience and notice if she talks about what she sees, hears or feels. When you discover what her primary sense is, you can then create your language to match the way her mind works.

17

Charisma and other things we learn

Charisma is a learned skill. Powerful persuaders have charisma. They are excellent at rapport, sincere, and gain your trust quickly. Charismatic people are passionate about life. Magnetism is created largely due to the passion that someone exudes when they believe in something or when they believe in themselves.

Passion for life, for love, and for the moment can be intoxicating. Practice being passionate about something... about anything! Use colorful, descriptive, emotional words. Be in the moment, never distracted, and create a point of focus that allows you to be passionate and fully in the moment. Describe your feelings with rich and beautiful words. Women love men that can speak descriptively! Practice it from a book, from colorful stories, or from observing others who are passionate until you get your own special language that is passionate.

An Exercise in Passion

This can be really fun. Do it alone or with an adventurous friend. Give yourself permission to really let yourself go when you do this. Get way out of your comfort zone and find out how passionate you really can be. I did this years ago in a group and it really created a powerful passion anchor for me. The kind of passion I am looking for here is not sexual passion. It is a passion for life, for the ordinary. Even for the most boring and mundane of tasks can be experienced from a place of passion. So here's what you do.

1. **Choose a story.** You are going to tell about something that you did recently that was very ordinary, but something that you like doing. It could be a time when you hit a golf ball well, when you did a flip off the high diving board, or when you baked a great cake. I could even be when you taught your dog to sit.
2. **Tell the story.** No preparation, just let it be spontaneous. For about 2-3 minutes tell it in your usual way. If you are alone, tell it to your dog or to the chair. If you have a partner, let them sit there and listen.
3. **Start at the beginning of the story and tell it again.** This time tell it with the most passion you have ever had. You are so excited about how it feels to hit that golf ball or bake that cake, that you can feel it in your bones! Use words that describe the sights, sounds, feelings, and smells.
4. **Turn up the volume.** When you are passionate your voice has excitement in it, the tempo quickens and you become animated.
5. **Use colorful words.** Fabulous, wonderful, intense, awesome, unbelievable, tremendous.... Etc. Beef up your

experience with words that involve your audience. Your dog will love this, trust me.

6. **Notice how your body responds.** You probably will find that your pulse quickens and you feel more awake and more alive. If you push yourself, you will find that you come up with words and descriptions that you didn't know you have.
7. **Now repeat the entire process.** And double the intensity! At some point you may find that you are getting very creative and more interesting than you ever imagined you could be. This is your passion!

Now, I am not saying that you express yourself with this off the wall intensity every time you talk with someone. What I am suggesting is that you find your passionate self, that you know how to come from a place of passion where other people really *get* that you are an interesting, exciting person. When you operate from this place, others feel good being around you. They feel more passionate about life and feel more drawn to you. Passion makes you magnetic. Passion inspires others to be passionate as well. Now, go back and do the exercise!

Hey... really do it! Now. OK? It will be fun, trust me.

Outcomes

Time spent defining your outcome is extremely valuable. If your outcome is that the woman across the room will find you irresistible when you speak to her, that is an outcome! If your outcome is to make a mutually beneficial business deal, get the outcome you desire clear in your mind before you enter negotiations.

See your outcome that you desire, feel it, experience it as real, even hearing the words that you want the other person to say. Doing this will focus your mind and allow to make subtle shifts in your approach, be spontaneous, and above all, will heavily influence the subjects state. The subconscious mind can perceive the outcome that another person has created and will be influenced in that direction simply because your mind has a solid perception of what the results will be. Defining your outcome takes only a few minutes, maybe 3-5 minutes, but you could do it in 30 seconds if that is all you have.

Any amount of time spent focusing on the outcome, will increase the influential power you have while in rapport. Now, if you are in a public place and you see a woman you

want to meet, create your outcome of how drawn she is to you and how she will feel she has known you for a long, long time. Maybe your outcome is that she will have dinner with you or go for coffee tomorrow. If you focus on this outcome, seeing her having dinner with you, hearing your mutual laughter, and feeling comfortable and relaxed with her you might be surprised when she approaches you first! Thoughts are powerful things. Others perceive our thoughts on a subconscious level and their feelings are shifted on some level based on our thoughts.

Another word about those outcomes. On an initial meeting with a woman, it is important NOT to place sex in your immediate outcome picture. Her subconscious mind will pick this up instantly and will feel that you are only after that one thing. It is OK to put this into an outcome picture after you have rapport and trust, but not before. It may close a door.

19

Your Hypnotic Voice

"Isn't it interesting how the sounds are the same for an awful nightmare and great sex?"

-Rue McClanahan

A Person's voice can be the most deeply seductive, trance inducing, influential experience. Or it can create a powerful disharmony in the subject's subconscious mind. I recently listened to a radio call in show, and the caller talked about how much he loved his girlfriend and yet her voice really spoiled his romantic mood. He found it very hard to stay aroused when he heard her sharp, annoying voice. Imagine that after you learn all these skills, and they become automatic and you are a master at rapport, but the moment you open your mouth all is lost!

You must find and develop your own irresistible voice. The number one way to change your voice quality is to practice it. Read these next few sentences out loud. As you read allow your voice to lower, get softer, and smoother.

This hypnotic voice comes from deep in your diaphragm. It is low and smooth, much like a soft moan, but with words. If

your voice is nasal, or throaty, too high pitched, or **choppy**, it can annoy the listener and break rapport. Especially important is the effect of an accent. Accents can be highly erotic or highly annoying. Some accents will make it harder to gain rapport in some cases, so it is especially important to practice getting a good tone to the voice so it conveys warmth, depth and sincerity.

Take time to practice your soothing voice. Let it come from deep in your belly. Practice talking in flowing words with a deep tone. As you are getting into rapport your voice should become lower and more pleasant, more soothing. Practice getting a rhythm with your voice. Imagine your voice having the quality of a beautiful song, with a comfortable melody, harmonious and balanced. Find a tape recorder and record your voice. Listen to your voice with headphones *as you record it* and you will be able to make the changes as you are speaking.

I have heard women say things like, **the moment I heard his voice I melted. It was so seductive.** A great and seductive voice can make up for a lot of flaws. Use your voice to your advantage. Train it just as you would train your body to run farther or your fingers to type faster. Time spent training your voice will benefit you in business, negotiations, phone skills and above all, it will help you get more great sex!

20

Language Patterns

Now, you have rapport, trust, rhythm and waking trance. Now what the heck do you say? Here is a place to start.

The words you use can create an open and receptive mind. An open mind will build internal representations of the words you use. These internal representations create a state. If you are in sales and you are any good, you know that you are not selling a product, rather you are selling a state. A state is the way you feel as a result of using that product or service. If you can't sell the state, you can't sell the product.

When you watch well produced commercials on TV they sell states very powerfully. A car for instance would be sold by selling you on the way you will feel when you own this car. Prestigious, safe, daring, sexy, are all states that are sold, NOT the car itself. Think about a dish soap commercial. Are they selling dish soap? NO, they are selling how soft your hands are going to be, or how much free time you will have since it does the job faster, or how beautiful you will look as you gaze at yourself in the reflection of the shiny dinner plate.

Sex is no different really. OK, well maybe a little different. (It's just a slippery as doing the dishes, though.) In order to sell yourself to a man or a woman, you must create the state that she will be in if when she is with you. If she likes that state she will want to be with you more. Simple, huh? Ok, so here is an example.

Would you like to have dinner with me?

(The only answer? Yes or No, bub.)

Or this:

I wonder what it would be like if we had dinner?

(Now... my mind is forced to create some pictures and feelings about what it might be like to have dinner. Personally this creates an image for me of white tablecloths, candles and a glass of wine. GOOD state, yes?) Now the answer has to come from a different place than just a yes or no.

How was your day?

(Answer? Fine or Bad, how was yours?)

What was the best thing that happened to you today?

(Now.... I must search all my good experiences today and choose the best. Another GOOD state, yes?) And this leads to more conversation.

Imagine what it might be like if we _____.

Maybe you've wondered _____.

I wonder how it will feel when _____.

Maybe you've said to yourself _____.

How would it feel to you _____.

How would it sound to you to

When you begin your phrases with these statements you open the mind up to experience what you are saying. You ask the mind to participate in construction a feeling or an image or a voice. You are basically having the same conversation but with more subconscious involvement and you are creating states.

Language patterns create subconscious effects that we may not perceive on a conscious level. The way you use your words creates a state in a waking trance and becomes a suggestion.

Remember to use this within their primary rep system. (Visual, Auditory, Kinesthetic.)

I wonder how it will feel/sound/look, when.... (you and I get to spend more that just a few minutes together?)

Imagine how good it will feel when you get these phrases to be a part of **you**, as they easily become the way you now like to speak. Noticing that your conversation gets more interesting will be fun to discover, now isn't it?

I wonder how you will feel when you notice that you create comfort in those around you by using delicious words. This might feel better and better, doesn't it?

These last few sentences are ways to help you create a state in your listener. The way that I phrased these forces you to make some images, feelings, and future discoveries about how you will feel. When you are in conversation, the words you use will create the state that you and your partner experience. The *isn't it* and *doesn't it*, while they may sound

like bad grammar, are intentionally there to place this into the present tense.

I like you.

Could become...

I am really enjoying sitting here together... I feel so relaxed and comfortable, don't you?

Now take it one step further and change the tense on *don't you*, to *aren't you*.

Let's go have coffee tomorrow.

Could become...

I would really enjoy spending time relaxing and talking with you tomorrow. Would that feel good for you? (or "look good to you?" or "sound good to you?") Now you suggested relaxing and feeling good.

On one of my recent dates from hell, the man I was with kept telling me that I am really nice. "You're really nice", he would say. (Oh, gee... just what I always wanted to be. Nice. Oh, joy) Then he says, "Your really nice, would you like to have dinner next week?" And my only response internally was gosh, I thought I was so much *more* than nice. It is even hard to say thank you to someone who says your nice. It feels like a let down. My point is that the feelings he elicited in me felt dull, and meaningless, and in thinking about my response I couldn't access any good feelings to create in connection with wanting to go to dinner with him. And if he can't elicit a feeling good enough for me to want to sit

through dinner with him, what kind of motivation will he create for me to have wild passionate sex with him?

Open up your conversation. Use the words that require participation.

NO: Where do you work?

YES: What do you like best about your job?

NO: Oh, that's nice.

YES: What do you mean/ What happened next?

NO: How are you feeling?

YES: What can I do to help you feel better?

NO: He shouldn't have said that.

YES: Why do you think he said that?

NO: Tell me about yourself. (I hate that one)

YES: What do you love most about your life?

YES: What is the greatest challenge you've overcome?

YES: What is your greatest accomplishment?

These are examples of ways to open the mind to an experience, rather than just an answer to a question. *You* will seem much more interesting to *me* if you can make *me* feel interesting when I am with *you*!

Start your sentences with these phrases, and bodda bing, you become a little more interesting!

Imagine what it might be like if...

I wonder what it would be like..

What is the best thing about...?

How can I help you to...?

Can you imagine how wonderful it would be to...?

Have you ever wondered to yourself...?

How would it feel to...?

Have you ever said to yourself...?

What is the first thing you noticed when...?

Imagine what might happen if...

Now, add some of your routine questions to these phrases and notice how much more interesting the answers might be. And imagine how will it feel when you become a more interesting person? And imagine how much more I will want to be with you in so many ways!

Words That Seduce

Words are the magic that weaves a web of pleasure. If you have trouble with words and cant think of how to express yourself, take heart! You can learn.

These are some words and phrases that reach into us and help us create a pleasurable state in your mind. Learn these phrases, practice using them and begin to weave them into your hypnotic web.

Explore the relationship
Hold you in the softest place in my heart
Sharing
Kind and sweet
Support and care
Understand how you feel
My thoughts are with you
Express my feelings
Share thoughts and feelings
Bare my soul
Appreciation
Intense
Exciting
Love of their life
One true love
Timeless and eternal love
Bond spiritually
Share your inner life
Communicating intimately
Feelings
Search for wholeness
Deep and meaningful relationship
Connect heart to heart
Opening of the heart and mind

Deep regard and mutual understanding
Undying passion
Possibilities in relationship
Grateful and appreciative
Soulfulness
Spiritual growth
Soulful communion
Falling in love once and for a lifetime
Give yourself totally
Reassurance
Personal warmth
Special bond we share
Fortunate and blessed
Share with you
Express my feelings
Being sensitive
Stick to it and make it work
Connect with my special person
Feel the love and attraction
Learning and interacting
Companion through life, good times and bad, ups and
downs, fun and tragedy
Feel it deep within
Scary, incredibly and profoundly moving
Hearts touch what eyes have never seen
Love being with you, around you, near you
Touches me in that special way

21

Embedded Commands

Phrases that build trust.

Now that you have rapport, pacing and leading, waking trance, and trust, and you are making me feel interesting, you can take your language patterns a step further.

We use embedded commands very often in our language without even knowing it. The problem is that we are often using bad embedded commands that don't get us what we want. We often get so focused on what we don't want that we never give the mind a chance to give us what we do want.

For instance, you may be having a problem with your spouse and you say,

You make *me feel so confused*, you just *don't trust me*.

The italics are an example of embedded commands if they marked out in our language patterns by voice inflection, volume, or pitch. These are some very negative words to begin a conversation with when you are looking for a good outcome.

So let's say you *pay attention* to your outcome. Imagine how well you *can focus* on what I am about to *help* you with.

This sentence, if I were speaking it would use the embedded commands to get your attention, your focus and want my help. Your mind will pick up the marked out words and put them together. Go back and say that sentence and make the marked words distinctly different than the rest of the sentence. Leave a very small pause before and after each italicized word. Now the sentence should subconsciously read,

Pay attention, you can focus, to help you.

Now your audience is focused, receptive and will join you in your outcome. Now take a look at that previous sentence. Lets look at the outcome we want and find a way to make in work for us.

You make me *feel so confused*, you just *don't trust* me.

I want to *focus and understand this*, I want to *feel trust* between us.

Now it suggests that you focus and understand, and feel trust.

Now, you want to use embedded commands to get babes? **Focus up.** (That was not an embedded command, it was an order) We want to suggest trust, desire, passion, and ignite the senses. Here are some possibilities to fit into your conversation.

You could be talking about your job, your dog, your family life, whatever. You pick the subject matter and use these kinds of words inside of whatever subject is there. And even better, you could be talking about what it is like for you to fall in love.

One of the things / *trust* about *myself*...

One of the things that others *truly know* about *me* is...

Many woman *instantly understand* that *I am sincere* when I tell them...

I think, in *my own mind*, the *truth* of it is....

As soon as I *tell them clearly* what it really is *about*...

I am very passionate about my work/play/loving/reading...

It is *one* of the things that *comes naturally for me*

It is one of the things *you long for*, that you *deeply desire*...

To finally find satisfaction, to really *feel* what it is like have what *you* have always *long for*...

I think in my own mind...

Maybe / *am saying* the things *you* have *thought* of already...

The *difference* about *me*... and this is an *important* one...

You get the idea here. So practice, memorize and add these to your vocabulary. They will create the outcome you desire, that outcome you desire on a deeper level, down at that place that is at the very center of it, the heart of it. This place where you can sense what is true for you. It is this part of you that is listening to me right now... not the part of you that deals with the everyday hustle bustle, like phone calls and obligations, but that place in you where it is **quiet**, where there is peace. That is the place deep inside your mind that desires to hear more of what I am about to say. (Now you can insert something fabulous)

Here are some wonderfully rich, feeling sensual words that will be a **GOOD THING** to add to your vocabulary. Maybe you could make flashcards out of these words so that as you see them often as they naturally become part of your language!

Fascinated, fascinating.

Desire. Longing.

Warm. Deep.

Inner part. Deep inside of you/me.

Sensation. Growing. Feeling good all over.

My heart's desire.

Appealing. Gift.

Comfort. Anticipation. Connection.

Excite. Excitement.

Sincerity. Fulfill. Soothing. Soothe.

Comfort, comforting.

Tranced, Entranced.

Penetrating, Penetration

Of course there are more, add a few every day and begin to speak from your place of passion! Remember that charisma is about passion. And the more you use words that have passion the more you will tap into your own passionate self.

I mean every word I say...

and that sincerity comes through...

I trust in this deep part of myself...

That place, where you keep your secrets, your desires....

This place where you will keep these words that bring comfort, desire and longing to the woman or man you are with.

It's surprising *how sometimes*, you like something that you never thought *you would like... with me*, I find that really nice...

Now isn't that special?

I-You Shift

Here is a nice way to take feelings that are about you, about your feelings and transfer them to your partner. An I-YOU shift does just what it says. I tell you how I feel and then shift those feelings to you.

I find that when I *truly trust* myself to make a decision, that I just know is *the right one*, it's becomes *a feeling you have...* a feeling that *you just know* it is *right*.

The way / *see it*, is that it becomes *very clear to me* what I want, and when you *know* what you want you don't let anything stop you. *You want to really go for it.*

Sometimes I *feel very close* to someone, like I can feel an *incredible connection* with someone.... And right then you *know how that feels.*

Find more ways that you feel when you are connected and close to someone. Describe it from the / perspective and then shift it to the way you want them to feel.

Magical Rapport

Now you have the bare bones essentials of creating magical rapport. These things take a little practice and soon become automatic. In a couple of weeks, you may find that you are unconsciously matching and mirroring almost everyone. And when you notice how you put others at ease by making them more comfortable your mind will want to do it more and more.

As you master the art of language patterns and persuasion you will notice that others easily come over to your way of thinking.

And once you understand that each person has a unique way that they feel loved and connected, you can tap into their needs and connect them up with you!

Review- A Guide to Becoming A Master of Rapport

Place yourself in your connected state. Step into it your circle of excellence, use your anchor, and let your mind unconsciously enter the other person's reality. (This is from the process on the audio portion for becoming irresistible)

1. Be sincere, open and honest. Your subject cannot be in rapport if there is dishonesty, or if there is a negative intention. The mind will perceive the slightest cues that signal dishonesty, and will disconnect from rapport.
2. Match, Mirror and Pace. Place yourself in a state of physically matching and mirroring the movements of your partner. Pace the tempo of the voice, body language and breathing.
3. Lead. If you are in rapport, you can now lead the subject into a body movement, or tempo change. Uncross your legs, or arms, or raise your voice slightly, and they should follow your lead. If not, you may not be in rapport.
4. Voice. Rhythm is important. Speak at a rate of 60 bpm to slow the heart down to a trance rate. You don't have to keep a noticeable beat in your voice, but one or two sentences with well-spaced words can work wonders.
5. Voice Quality. Lower your voice, getting softer and smoother in your conversation. Speak from your diaphragm in a tone that relaxes both of you.
6. Eye contact. Match the level of eye contact. Notice for eye dilation as a sign of desire, openness and trust. Look for the gaze to become a little defocused.
7. Direct suggestion-Open a loop. Now say, I am feeling so relaxed with you here, right now. Open further by

opening a loop. Say, (slowly) Hmmmmm, I was just wondering if... oh never mind. . . . do not complete the sentence! This opens a loop of curiosity that you can close later. The subject's mind is now more receptive as it is wanting to hear what you are going to say.

8. **Visual, Auditory, Kinesthetic.** Find the primary representation. *What was it like when you first fell in love, can you remember how you knew?* Now listen for the way the subject describes it. Listen for words such as, *I saw, he looked, I heard, the sound of, it felt, was touched, etc.* This is the way the subject processes information.
9. **Speak to the primary modality.** Use words that match the system predicate in your language. (Visual, Auditory, Kinesthetic) You cannot describe something visually and expect it to have a substantial subconscious effect on an auditory person's mind. The subconscious mind speaks in a primary language, and for maximum effect it must experience it in the proper mode.
10. **Language.** Use the words that create an effect. Allow the subconscious to key in to your "marked words" that direct the mind to relax, feel, desire, sense, flow, grow, get inside of, fill you up, and send you flying..

How to Create Fabulous Outcomes

Find out what makes them feel loved or in love, and then do that.

"I've been curious about human behavior and I wonder how we know when someone likes us.

Not just enjoys our company, but really likes us, like when you first know you are falling in love.

For me, I know someone likes me when they look into my eyes, touch me in a certain way, or . . . etc.

How do you know when someone really likes you? What is the first thing you notice?"

Now you know how they feel loved. Do that, use those words, listen for the V A K, and describe in those rep systems.

Truth detector- how to tell when someone is telling you the truth.

Ask questions that require a true answer, such as

"What is today, is it Tuesday?"

Or, " you said your name is Pamela?"

Notice the way their eyes, hands or face reacts when they tell a true answer. Now. When you ask a question that you are not sure if they will tell you the truth, notice if they use the same consistent body language in their response.

Look for eyes darting away, looking down, rolling up, or hands reaching up to any part of the face. Notice what is different when they answer, and if they do something distinctly different, it might be untrue.

Create a sense of familiarity

Women love to hear something like:

"I feel so comfortable with you... as if I have know you for years."

Start the conversation as if you've known them for years.

Tell them how your day is going.

Tell them what you've been doing today.

Tell them where you've been today.

This will create a sense of familiarity that builds trust quickly.

Talk about only those kinds of feelings that you want to be associated with

What you talk about... is the thing they will associate with being with you. If you talk about sad, disturbing, scary stuff,

they will begin to attach those feelings to you. If you talk about wonderful, pleasant, erotic experiences, they will associate that with you.

Talk about what interests them most. Then really listen, DO NOT let them get into negativity with you. They will begin to associate those bad feelings with you!

Shift the subject to something good. First, be sure to be in rapport, say something in agreement, then lead.

"So, I sure have had a bad day (sigh). "

You say, "yea I know what you mean (sigh) I had one of those last week. (you paced, now lead)

At the very end of the day the greatest thing happened. I got a phone call from a dear friend that I have not talked to in ages. It made me forget all about it... or . . . I was walking home and saw some flowers, now I don't usually buy flowers for myself, it might sound kind of strange, but it just made me feel goooooood."

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Close the Deal and Get the Date

*"What's a nice place like this
doing in a girl like you?"*

What do you say when things are going well and you want to take it to the next step? How do you easily transition to making the date? If you are stuck for possibilities here are a few you can adopt as your own.

Close #1: Why don't we continue this somewhere else and see how much we can enjoy each other's company?

Close #2: As you think about it ...doesn't it just seem that spending some time together is something we have to do?

Close #3: So...what steps would we have to take in order to make sure we can talk again?

Close #4: I have an intuition... and I don't know if you can imagine this as I describe it... that when we get a chance to talk without time pressures or interruptions...we'll really enjoy each other's company... and I'm wondering if there's a number where *you feel comfortable* having me call you.

Close #5: I imagine us having so much more to talk about... when we can spend more time and really linger... how does that feel (sound/look) for you?

Your Mind, Your Mine

Another nifty subliminal verbal strategy is the use of the word mind. This word can have a subconscious effect in bringing someone closer by allowing the subconscious mind to attach a different meaning to the word.

If you listen to Anthony Robbins closely, notice the way he says the word MIND. In Neuro Linguistic Programming there is a conscious use of the word MINE instead of MIND. It is a nice embedded command when you say it in the normal context of **your mind**. This becomes **you're mine**. It is almost imperceptible on a conscious level. The unconscious mind, however, may pick it up as **you're mine**. A use of this would be...

Now sometimes in my own mind, I think about the way we connect with others and how it happens so automatically. I wonder in your mine if you ever wonder how easily this happens. For you, is there something in your mine that connects you with others, maybe the way your feel when you are with them... and so on.

Remote Touching

"It is monstrously indecent. One wonders how two self-respecting people could face each other after performing it.
- W.T. Stead (1849-1912)

How to Reach Out and Touch Someone- Hypnotically

Here's one I know you are going to like. I was having a discussion recently in a group about hypnotizing a person without their knowledge or permission in order to stimulate sexual feelings. The idea is that you can mentally massage someone from across the room or across town and make him or her feel sexual desire or even make them have an orgasm. Some people who have tried it say it really has a profound effect on your intended love interest.

Some think of it as mentalism or mind control and ultimately we must not underestimate the power we have with unconscious messages. If our thoughts really do travel to another person and have an effect on the way they feel and think, then we need to be very careful about what it is we are sending! And who knows, maybe it is possible to stimulate erotic and orgasmic feelings in another person with just thought. If we haven't tried it and experienced it, we cannot

say it is not possible. If it is possible and all it takes it practice, then we must get on with it. The truth is, I don't know how or if this works (I will go field test it for you today) but I will give you instructions and you can give it a go.

Let's say you are in a room with one or several people. You choose your intended object of pleasure. Now put yourself in a light trance, eyes open, and imagine that you can actually reach out with your energy and touch that person. Imagine that you are actually touching his/her hair, feel it in your hands, smell it against your cheek. Then move down to the neck and feel your hands lightly stroking the neck. Move down the body in this same way, making it as real as you can. Imagine that your energy field extends all the way to this person and that they feel it and respond. According to reports, the other person can get quite hot and bothered while this is happening and some state that it can induce an orgasm in your intended victim. Er, partner in pleasure...

Continue the stroking and as you get to the genitals include the feeling of the soft, moist skin, the warm, steamy smell of their rising desire, the look of your hands on their genitals and the increasing blood flow causing redness and engorging the tissues with tingly, pleasant sensations...

Now notice the response in the person you are touching. Notice the changes in their posture, breathing, or skin color. You may need to practice to be more and more effective at this, and judging from the comments of those who practice it, it is worth refining!

And it just may create a nice magnetic, irresistible pull in your direction.

Talk about rapport!

You get the idea. We call it Remote Touching. So, reach out and touch someone... I am sure that is not what the phone company had in mind when they suggested you reach out and touch someone. Try it on everyone you can, and promise me that you will get back to me with your results. I will put your stories into Hypnotize Your Lover II.

Cassandra's Hypnotic Hold

The wind was blowing in the open window of his car, but even the cold air wouldn't cool him off. Every time he touched the radio knob he could feel the pulsing feeling beginning again. Just a tingle at first, but then more like a growing, pounding feeling now.

Just like she said it would, last night... when he gave his girlfriend permission to hypnotize him.

What she said couldn't possibly have had that much effect....

Or could it? He tried to fight the feeling, even turned the air conditioner on colder and felt the blast of cold air on his face. And when he touched the knob of the air conditioner, he felt it again. Another surge of pulsing warmth. Just as she had suggested it would happen.

It seemed so silly at the time. He really didn't feel like he was even hypnotized, but he didn't want to hurt her feelings by turning her down. After all, how many times do you get a girl to offer to hypnotize you, make you get naked and then play naughty mind games with you. Especially one as beautiful as Cassandra.

And when she suggested that he would think about her when he touched the knobs in his car.... Well, he knew it would never work, his mind was much too strong for that. Damn, It was getting really hot now, and his desire was growing with every breath. Now all he wanted to do is find her and get his mind back. There was, however, something else *he* had in mind for her, just before he'd ask for his mind back.

He remembered the previous night, after she put him in a trance, how she played around with making his arms impossible to move, and how she told him he would have an erection until SHE said he was done. If only he could remember how she managed to hypnotize him to make him get so full and hard, by just touching the knobs on the radio. If he could remember the exact words she used, maybe he could undo the suggestion.

The cell phone was ringing on the seat next to him. It was probably his mother, since he was on his way to her house, running late, sporting a rock hard cock. When he picked up the phone and said hi, there was no voice at first. Only a breath, soft and slow. It probably wasn't mom. That made him laugh. The rhythm of the breath felt familiar. He found that he almost instantly began to match the rhythm of this mysterious breath on the phone, his breath beginning to slow down, carefully following each breath in, each breath out. It was almost as if his heart was beating in the same rhythm as the person on the other end of the phone.

He felt very good and realized he didn't even question this feeling of desire that was rising up from deep within. Now the soft breathy voice began to taunt him... you're mind is mine.... Your mind is mine...

The words felt good, very good, very pleasing, reaching a depth in him where his desire flowed like an electrical

current now, pulsing, glowing. Why is it so hot in this car?, he asked himself. Not a good time to turn up the air conditioner. Too many knobs.

By now he had pulled the car over to the side of the road, just as the voice had suggested to him. There on the side of the dark road he sat very still, the cell phone firmly pressed to his ear. It seemed that the more he wanted to take the phone away from his ear, the harder it was to resist. And as he tried to resist, the harder he pressed it against his ear, not wanting to miss a word. Now, the breathing again, the warm breath. Right there in the car, he could feel her breath gently flowing through his body, so soothing and satisfying, very warm, like a wave of pleasure ...in with each breath ...out with each breath.

It felt like she was really there, breathing her very hot breath into his face, forcing him to suck her breath in with every inhale. And a part of him knew it was only a phone and not really her, but none of that mattered any longer. He could really feel the hypnotic hold she had on him. The only thing that mattered now was that he turned the car around and went to her. Mom would never understand, but now nothing else mattered. Nothing else but the voice....

The voice that circled inside of his mind, words whirling in with each breath. He could be there in 20 minutes. His heart was pounding with desire, as he carefully held the wheel with one hand, the cell phone in the other.

Ever since he allowed her to hypnotize him, things had not been the same. He always enjoyed being with several different women, but now none of them even entered his mind anymore. Only Cassandra mattered. He could only hear her voice. Then it hit him... that was it... she had said he

would **only hear her voice**. No other voice would turn him on, no other voice would make him hard. It all came to him in that instant. She did it, she really did it! His mind found only her voice erotic and seductive and judging by the last few weeks, it must have worked. He thought he was losing his touch since all the women he dated, as fucking gorgeous as they were, couldn't even ignite a little spark in him. He used to be able to get it up for anyone, anytime, and now it was all different. Funny thing is, he was beginning to realize that he didn't really mind. He was beginning to only want her, to only hear her voice and he really didn't care anymore.

As he turned the corner and pulled into her driveway, he thought to himself.... It was time to teach Cassandra a little something about **his** style of hypnosis. After all, he was the one who taught her everything she knows. As he turned the engine off, his heart was still racing. This would be a trance to remember..

Part 2

Hypnotize your Lover

A journey into your erotic mind

Now your training begins. Anyone can learn to hypnotize, after all it is just words. The way the words are designed will influence the mind into imagining and experiencing a wondrous source of pleasure. Words and suggestions can also be worded incorrectly and can have a negative effect. So, pay attention.

The subconscious mind does not know the difference between a real and an imagined event. What this means is that whatever you create while in hypnosis will be accepted by the subconscious mind as real. When we are not in trance, the conscious mind, or analytical mind will judge and filter the suggestions and can reject or accept them. In a fully alert state, I could suggest that your arms are too heavy too lift, and your conscious mind will say, "no they are not, I can lift them". It is like a judge that does know reality from imagination.

During hypnosis the conscious, or critical mind is bypassed. When the conscious mind is bypassed, the subconscious mind accepts these suggestions as reality and sends the communication to the body to carry out the desired outcome.

It is important to remember that the suggestions must be within the values of person being hypnotized, regardless of depth of trance. (More about this later)

Erotic use of hypnosis

Imagine what might happen if you were able to take a journey into the very depth of your being, to the place where desire originates. And if you took this journey and found your source of desire, how would it feel if you could turn it up, or increase the level of desire in your core. Desire is very likely the most driving, goal seeking mechanism we creatures have. When we have our desire turned up, whether it is sexual or financial or lifeward, we become unstoppable. With enough desire, we can find ways to overcome major obstacles, endure pain and rejection, and stay focused on our outcome.

Erotically this means finding your core of desire for sexual pleasure. You may have experienced sex as a pleasurable physical experience, and you may have even had what you call *great sex*. However, when you learn hypnosis you open up many new possibilities. Now, you may already be wondering how great sex can be. What if you could take yourself to another state of awareness and experience sex in ways that are more than physical? What if you could participate in a forbidden sexual fantasy together, or meet each other on a spiritual journey with a tantric guide?

This is where trance states can take you. By learning the art of hypnotism and finding a willing partner and hopefully a mutually adventurous hypnotist, you can explore a mystical and adventurous journey. At the very least, introducing hypnosis to your partner can give you an excuse to try something you may not otherwise try. Hypnosis can give you

permission to be more sensual, more erotic and definitely more connected.

Once hypnotized, the mind has many possibilities for ways to experience pleasure. You could live out a forbidden fantasy, be actors in an erotic movie, increase sensation, turn up the intensity with a key word, suggest that you taste like the most delicious chocolate sauce, make genitals very sensitive to touch or to your breath, create an orgasmic response from head to toe, become an animal and allow all your instincts to take over.

You can travel together in trance, going to a place where both of you share an experience of extreme pleasure or a journey to an island paradise together. You can create a pleasure room in your mind, where upon passing through the door to the room you are only capable of receiving pleasure and enjoying the adventure that awaits your discovery!

Most people are unaware of the potential and pleasure available to them from all the senses, especially from the most powerful sex organ of all.... our brain! Our mind is the most creative, intriguing and stimulating sex organ in our body. It all starts and ends there, so we may as well tap into it's ultimate potential. And tap into a new level of pleasure. First we must get beyond the limits that are imposed by our upbringing, our beliefs, religious training, parental training, and past disappointments and failures. Find the source of sexual pleasure in your mind and allow it to do what it does best. Naturally, and without your conscious interference.

Remember that every time you use hypnosis it gets easier and easier to enter trance. The connections get stronger and more dependable. You may not be able to undo years of negative training in one session. It may take several sessions.

If you are willing (and who wouldn't be) you will experience sexuality on a whole new level!

Sexual freedom and ecstasy in your sexual being is something you were born with. It is your right to experience yourself as a sexual being. Any thoughts or beliefs that are stopping you from enjoying pleasure, are those that were learned. If you *learned* it, you can *unlearn* it. You can find the source within yourself that will allow you to experience greater freedom in your sexuality.

Your body has the capability to experience sexual arousal that lasts for hours, orgasms that you feel in your entire body, multiple orgasms, even orgasms without any direct stimulation.

The ability for men to have multiple orgasms is natural and possible for almost every man. The ability to make an orgasm last for several minutes instead of just seconds, is simply a matter of conditioning. We can train our minds to create what we want. I am sure you can remember a time when you were doing something boring and time just seemed to drag, when it really went slowly. Or you can remember a when you were having so much fun that time just flew by.

Your mind can distort time to as well to include the time you spend enjoying orgasms. You can make seconds seem like minutes. Or, as one hypnotist suggested, makes seconds seem like an entire day. Well, I don't know what it might be like to experience a day long orgasm, but if any of you find out, let me know!

It might be a fun goal to work toward and you have to agree, the homework isn't half bad!

So get relaxed, and get ready to open your mind to a new possibility!

Following, are many ideas and scripts for you to play with. You can induce trance and then read them to your partner, you can record them and listen together and enter a mutual trance, or you can use them after listening to my induction on tape.

Ladies

Here is something you gotta know. Many, many men have a fantasy about being hypnotized and controlled by a woman. This one is almost as big as the two women fantasy. If you want to rock his world, tell him that you want to practice some of this hypnosis stuff on him. Then somewhere in the trance let him know that you are now his Master, that he responds to your voice and will willingly comply with your every wish. Try a little hypnotic bondage for starters, making his hands and legs impossible to move. Then give him a command that on the count of three, he will be able to move his arms and legs and will do exactly as you tell him. As most women already know most men will do what we woman ask them anyway. The hypnotic avenue gives us an excuse to play and have some fun. It is easier to suggest to a man that he will become our love slave in a state of hypnosis than it is while having coffee.

Your Hypnotic Voice

Inducing trance is the most elegant aspect of hypnosis. Simply reading the words is not generally enough to bring a good level of trance. I have said before that these are just words and anyone can become a hypnotist. While this is true, and simply reading the words will bring some people into trance, what you *do* with the words is going to create an experience of altered consciousness, invite trust and permission for your partner to really let go.

A Person's voice can be the most deeply seductive, trance inducing, influential experience. Or it can create a powerful disharmony in the subject's subconscious mind. You must find your own pleasing and comforting voice. The most important thing you can do is practice it! You can dramatically change your voice if you will spend time practicing.

This hypnotic voice comes from deep in your diaphragm. It is low and smooth, much like a soft moan, but with words. If your voice is nasal, or throaty, too high pitched, or choppy, it can annoy the listener and break rapport. Often, the subject's

mind will focus on the bad sound of your voice and **find** it difficult to enter trance. If you **attack** your words with sharp consonants, or too much **punch**, it will interrupt the trance. You want, above all else, to make your words flow! It is especially important to practice getting a good *tone* to the voice so it conveys warmth, depth and sincerity.

Take time to practice your soothing voice. Let it come from deep in your belly. Practice talking in flowing words with a deep tone. As you are getting into rapport your voice should become lower and more pleasant, more soothing. Practice creating a rhythm with your voice. Imagine your voice having the similar rhythm as a clock ticking. You don't need to do this all the time but it is helpful during certain passages to slow down the heartbeat and begin to shift the brainwave pattern.

Try this: Read this sentence to yourself out loud, as you would normally read.

As I sit here, relaxing, I can feel a wave of relaxation floating down through my body all the way down to the tips of my toes. Warm and soothing, my body relaxes with each wave of pleasure.

Now read it to yourself in a lower voice, much slower, pausing at the dots.... and creating a rhythm in your voice. Place some emphasis on the underlined words.

As I sit here... relaxing...
I can feel a wave of relaxation...
floating down through my body ...
all the way down ...

to the tips of my toes...
 Warm and soothing, my body relaxes...
 Deeper...
 with each wave of pleasure.

Now, you probably noticed a difference in the way you **felt** as you read the second one as opposed to the way you felt when you read the first one. Now, try it again and this time, let your voice come from your diaphragm. If you are a singer, you already know how to do this. If you are not a singer, imagine that you are and your voice originates in your belly. Let yourself feel the vibration that comes from down deep, create a pleasant resonance that will soothe the soul! Now read the phrase as if you were almost making music.

As I sit here... relaxing...
 I can feel a wave of relaxation...
 floating down through my body ...
 all the way down ...
 to the tips of my toes...
 Warm and soothing, my body relaxes...
 Deeper...
 with each wave of pleasure.

As you develop your voice you will create a better trance. I know many hypnotists who don't have a good voice and it is extremely distracting. Even as an amateur hypnotist, you will benefit as you develop your voice into a pleasant, melodic, rhythmic voice. It will help you with your waking trance, as well as becoming more pleasing to listen to in conversation. I never thought I had a good voice and, like most of us, I did not like listening to my own voice. Since I have become a hypnotist my voice has changed dramatically and I speak in a totally different tone than I used to. I get compliments on

my voice, even to the extent that some say my voice is my gift. It wasn't always that way, and while I probably always had the ability to use a pleasing voice, it is something that I developed with time. And, you may discover that finding and developing your irresistible voice will make you a more interesting hypnotist. And an irresistible person!

Music

Music is magic. Music is food for the right brain. It is emotion, movement, and healing. Music can help you study and retain information, strengthen your immune system, relax you or excite you. For analytical, left brainers, music can help get you into your right brain. The activity of our right brains is said to be responsible for creativity, artistic ability, music, and emotion. The left brain is responsible for analysis, logic, critical thinking. In hypnosis, we want to quiet down the left brain and stimulate the right brain. Music can help shift the focus to right brain activity.

Listening to music that is arrhythmic, or has no beat or repetitive rhythm, helps the brain go into trance. If it has a beat it should be slow, around 60 beats per minute or less. The heart will attempt to follow and match the beat of the music and slow down to a resting heart rate. Remember to let your voice take on the rhythm of a resting heart rate as well.

Music helps to put me in trance as well, and when I am hypnotizing a client I really enjoy being in a trance state. Of course, I keep my eyes open, and since I use the same music in every session it has become my anchor to relax, be

intuitive and creative. I have never slipped away yet during a session, however I have often wondered what would happen if I did. I imagine that hours later, my client and I both awaken as I try to make it look like that was supposed to happen! I think most Hypnotherapists enter a trance when they work with clients, hopefully it is with eyes open.

When you choose your music listen to the entire tape or CD and be sure there are no upbeat passages. You will want to have continuity and have a similar mood to the entire piece. During your session you may want to adjust the volume, so have the controls close to you.

Hypnosis does not require music. You can do it anywhere, anytime, even in places where there are distracting sounds. However, a good piece of music will make your trance easier to create, and if you use the same music each time, it will be a great hypnotic anchor for your subject each time you turn it on.

Suggestions -

How to form positive commands that the body will respond to

Imagine my surprise, as I was new at hypnosis, a little nervous about giving a suggestion, and to actually see the person do exactly what I suggested. I practiced on kids a lot, since the fear of failure was not so great. I gave a suggestion that when this boy opened his eyes, he would count his fingers and the number four would be missing. And it was! And the first time, at a school demonstration, when I told one of my pre-hypnotized subject to sleep... he actually collapsed in my arms! To this day I am still amazed at the power of hypnosis. And I suppose I will be for the rest of my life. This is one of the most intriguing aspects of the human mind.

Prepare your suggestions. Once you have done your induction, you can test for trance in your subject and then proceed with some well-formed suggestions.

Here are the tests... (a few, there are many)

Suggest to your subject:

Relax your eyes so deeply that they simply will not open. When they are that relaxed you will find them impossible to open. Now go ahead and test them just to prove to yourself they are too heavy. Good, now relax and stop trying.

Now allow your arms to get very heavy, loose and limp. You find that the more you focus on your arms, the heavier they seem to get. Now take a deep breath and as you exhale your arms will become too heavy too lift. (breath) Now you will find that the more you try to lift your right arm, the heavier it becomes. (Watch them try... then say relax your arm)

When I touch your arm it will no longer be heavy, the moment I touch your arm it will become wonderfully light and airy as if it were being pulled into the air, lighter and lighter...(touch the arm at the wrist with your thumb and finger and a gently, and tiny, upward tug) now doesn't that feel good.... Just let it rise into the air, and every time I touch it, you notice it getting even lighter. (touch it again as many times as you like)

Notice the way these suggestions are worded. There is a law of reversed effect: *The more you try to _____ the more you will _____.*

There is an assumption that *you will prove to yourself _____.*
There is a direct suggestion that *when I touch you, this will happen.*

There is an art to creating hypnotic suggestions that could fill another book. Here I will attempt to keep it simple. Design

your suggestion to fit one of these possibilities, make sure the outcome is stated in the result that you want. In other words, don't use the word can't or won't.

When you suggest that you won't be able to do something, the mind only perceives the part of the suggestion that is positive. For instance, if I ask you not to think about a pink elephant sitting next to you right now, you will only think about the elephant. Our subconscious mind does not know how to NOT do something. That is a logical, analytical function of our conscious mind, and in hypnosis we are dealing with the subconscious. Suggest the outcome you desire in positive terms.

arm is too heavy to lift. Good suggestion

→ **You can't lift your arm.** Bad suggestion

In sexual terms...

→ **Your cock will stay hard.** Good suggestion

→ **Your cock won't go soft and limp.** Bad Suggestion

You choose. Maybe you wanna add that it is also too heavy to lift! Or too light to ever come down...

The subconscious mind can only create the positive image.

→ **When I touch the area on your back, it will relax and feel soothed and pleasant.**

→ **When I touch the area on your back, it won't hurt anymore.**

Pain will intensify based on the wording of the suggestion. DO NOT use the word pain when relieving pain. Use only the positive words that are the feelings you desire.

Let's say that your lover has vaginal pain and you want to use hypnosis to change that sensation to a feeling of arousal. Your suggestion must not have the word *pain*, first off. You could do something like this:

The uncomfortable sensation you feel in your vagina will begin to melt away as I count from 10-1. Any unpleasant feeling you had (notice how this was put in the past tense!) will be released and a warm a soothing feeling will grow with each number as I count down. When I get to one, your vagina will feel completely relaxed and upon feeling the touch of my **fingers** will feel open and receptive to waves of pleasure.

When you open your eyes, you will feel more connected and closer to me than you have ever **felt**. You will feel as if you and I are one. You will see deeper into my eyes, feel my warmth as my eyes take you in, and become **uncontrollably** filled with desire to be consumed with pleasure, wave after wave of deep and satisfying pleasure.

When you are at work tomorrow and you hear the phone ring, you will notice a warm sensation in your body. As you hear my voice on the other end of the phone, my every word will relax your body, your arms and legs will become loose and heavy, and the moment that you hear me say the word _____, you will become deeply aroused, your desire for me growing uncontrollably. You will think of me and only me as you feel these waves of pleasure moving up through your body... a tingle at first and then a deep longing. The more you try to stop these feelings the more intense they will become. When I say the word _____ you will be energized, clear headed and

focused. (Don't leave him/her in that condition! Come on now...) Although, I would like to hear from those of you who actually made your wife or girlfriend have an orgasm at work while you are talking on the phone to her! Go for it, you gotta have goals ya know!

Include in your suggestions the words that speak to your subjects primary modality. Remember in the first half of the book when I talked about gaining rapport and I talked about visual, auditory or kinesthetic. If someone is V, and you say **You will feel lighter and warmer with each breath....** It will not have the maximum effect. So, include the V... **You will notice yourself getting lighter and actually see yourself lifting, and feel warmer as you see a beautiful blanket enveloping your body.**

Posthypnotic suggestions are suggestions that will create an effect *after* the trance, during their normal (or abnormal depending on the person!) waking times. A post hypnotic suggestion would go like this. **Every time you hear me say the word DEEP, you will feel a sensation deep within your body, and each and every time I say the word DEEP the sensation will grow... as your mind opens to my words... drinking in every delicious word... when I say DEEPER NOW, your eyes will close and your body will become very relaxed, so relaxed in fact that you will go into a deep state of trance.**

Every time I touch my forehead with my hand you will take a deep breath and relax and as you exhale your mind will focus on my voice... as my each and every word reaches deep into your secret place of desire...

Every time you reach for your keys and every time you hear your keys jingle and every time you feel your keys in

your hand, you will think of me and me only. You will think about how much you want and desire to be pleased by me. The sound, sight and feel of your keys will make you hot with desire... desire to_____. (Hmmm...How about give me a blow job?) I know how you guys are... your going to try this one first, huh? Now you probably want more blowjob suggestions? Not until us girls get to hypnotize *you* with the money, candy, flowers, diamonds suggestions. ;)

These are a few suggestions. Suggestions for suggestions... hmmm. When you create your suggestions, use these as guidelines, and form yours in a similar way. Here are a few more ideas that will help you.

Trigger for Trance next time:

The next time you hear me counting from 10 down to 1, you will go into a pleasant state of trance. Every time you hear these words your body will relax deeply and your mind will go into a receptive state of hypnosis.

Trigger for eyes open trance:

When I say 1,2,3 eyes open you will open your eyes. When you open your eyes you will remain in trance and respond to my voice. The moment you hear me say, DEEP ASLEEP your eyes will close, and your body will go right back into this deeply relaxed state.

Trigger for breath matching:

When you look into my eyes and hear me say the word *together* you will feel compelled to match my breathing. As your body and mind matches my breathing you will feel a tingle, then a deep sense of desire to be alone with me... and only me. With each and every breath your desire for me will grow stronger.

Hypno&sleep

A client of mine recently tried to hypnotize a sleeping friend without her knowledge. She was most likely in a light state of sleep on the couch and the others were talking and watching TV. He gave her suggestions that when she opened her eyes she would go right back to sleep when he touched his chin. He told her she would awaken when he counted to three.

He awakened her, touched his chin and she went back to sleep. Next he told her that when she opened her eyes, she would think that she had no nose. She opened her eyes and couldn't keep her glasses on her face. She thought they kept slipping down. When he asked her why she said it was because she had no nose. This continued with many more awakenings and suggestions.

Hypnosis and sleep are two very different states and even though we refer to hypnosis as sleep, it is not at all the same state. The initial stages of sleep are a mystery in some respects since there is vastly differing evidence as to whether or not we are suggestible during sleep. Dave Elman wrote a book titled HYPNOTHERAPY and he devotes an entire

chapter to HYPNOSLEEP. He states that there is a distinct difference between sleep and hypnosis, and has not found a way to make hypnosis turn into an actual state of sleep. He will create a suggestion in hypnosis that upon command the person will go to sleep from an awakened state. Then he asks them to open their eyes, and gives the command to go into sleep after having been aroused from the hypnotic state. When in a true state of sleep Elman has performed many tests, and found a highly suggestible state that is obtained first by producing sleep, then going into a hypnotic state during sleep. According to Elman, this creates the deepest state of hypnosis of all. He has done therapy during sleep with the subject conversing with him, created anesthesia, bringing back buried memories. He says that it promises to be the most exciting phase of all hypnosis with unquestionably the greatest possibilities. So, when my client reported to me of the success he had in suggesting things to his friend while she slept, it confirmed what Elman found in HypnoSleep.

Trust is a huge factor in sleeping hypnosis as it is in any trance state. During true sleep, the subject has less of a conscious mind interference to judge to input. Should you decide to do something that would be against their will, you will run the risk not only of them awakening as a protective reaction, but of also losing the trust of your relationship and friendship. My recommendation is to obtain permission before doing any suggestion during sleep. That way, when your subject wakes up unexpectedly you won't have as much explaining to do. Here we go.

- **Count the respirations of your subject. Six to Eight per minute is indicative of deep sleep.**
- **Approach them gently, and quietly. This is [your name] speaking. You can hear me but you can't**

wake up. You can hear me but you can't wake up. Repeat this several times to allow it to penetrate the subconscious.

- I'll know you're hearing me when your finger or thumb rises. The finger that I am now touching will rise when you hear me. You can hear me but you can't wake up. Lightly touch the finger. When it responds you can proceed with suggestions. After suggestions, give them the suggestion to go back to sleep.
- Now you can go back to the sleep you were in before and in the morning you will awaken refreshed and energized, you won't even remember that I was talking to you, but you will feel much better about

You could suggest that his mind will find an appropriate way to resolve a problem, or that her body will be filled with desire for you upon awakening, or that he will have a dream about you that will increase his desire for you in every way, or create a cue that will put them back in trance.

You can use the finger moving (known as ideomotor response) to indicate that the mind agrees to the suggestions. **The finger I am now touching will respond to my voice by moving now. Thank you. Tonight as you sleep your mind will release any negative thoughts that were creating the problem of (state what it is specifically). When you mind agrees that it will do this, your finger will lift. Thank you. Now your mind will find the best way to resolve this and allow you to (insert the outcome you desire, in positive terms) tomorrow and every day.**

If you want to use this sleep suggestion to create an orgasm trigger you could ask the mind to:

Please find the best possible way to create an orgasm now while sleeping and when it has done that to indicate that by moving the finger.

And now can the mind agree to have an orgasm during sleeping or waking when I say the words ORGASM NOW... and when the mind agrees to this the finger will lift. Thank you.

If a different finger lifts it may be the no finger. You may want to initially ask for a yes finger, and then a no finger. Then as you are questioning, you will know if you have met resistance or suggested something that the mind is not willing to carry out.

Now can the mind find a way to increase the desire for oral sex... and when the mind has found many new ways to enjoy giving oral sex and enjoy the feel of my cock in your mouth, the yes finger will lift. (Wait, then say thank you) And in the next few days this part of your mind that I am speaking to now can continue to experience a growing desire to feel and enjoy my hard cock in your mouth.

You could also suggest this:

Every time you think about my cock in your mouth... you feel a deep pulsing desire for me.

And as that desire grows in you, your desire for me grows deeper and deeper.

You will find that as you enjoy the feel of my hard cock in your mouth, that my pleasure becomes your pleasure... and the *more* you feel the smoothness of my cock on your lips... the *stronger* your feelings of pleasure become in your own body.

You will have deeply satisfying orgasms whenever you feel my cock in your mouth.

You feel my pleasure deep inside your own mind and body...and the *more* you taste and feel me in your mouth the *deeper* you feel the waves of pleasure pulsing through your pussy.

→ **Now you can go back to the sleep you were in before and in the morning you will awaken refreshed and energized, you won't even remember that I was talking to you, but you will feel much better about**

OK, equal time for us girls.

You are my master... you enjoy doing as I say. Every time I say the words PLEASURE ME, you feel a strong and growing desire to give me deep and satisfying pleasure.

The feel of my warm, soft pussy in your mouth creates a deep sense of desire to give me more... the feel, the warmth... the smell... increases your desire to continue to pleasure me... and only me...

You feel my pleasure deep inside your own mind and body...and the *more* you taste and feel me in your mouth the *deeper* you feel the waves of pleasure pulsing through your body.

Pleasuring me is what you live to do, what you want to continue to do, and the more you taste me and feel my softness against your lips the longer you want to linger as your body enjoys and feels my pleasure deep inside of your self.

Everytime you hear me say the words PLEASURE ME, you are overwhelmed with desire to feel and taste my warm soft pussy in your mouth. When this part of your mind agrees that it will allow this to happen, your finger will lift. Thank you.

→ Now you can go back to the sleep you were in before and in the morning you will awaken refreshed and energized, you won't even remember that I was talking to you, but you will feel much better about

Remember to include a command for going back into a hypnotic state. Sleep now, or deep asleep, deeper relaxed.

Have fun with HypnoSleep, but please don't violate the trust. Obtain an agreement with your lover before you go to sleep. You can help each other with many things including non-sexual issues. You could ask the mind to release allergies, stop having headaches (although you want to state it as allowing your head to feel clear, comfortable and peaceful) soothe sore body parts, run faster, jump higher, and enjoy life more. Use your imagination, you could create a fetish, (Everytime you see me in high heels, you will get a pounding erection) or wave a smell under his or her nose as a trigger (Everytime you smell this fragrance you will feel your nipples getting hard, and aroused, and you will long for me to touch them).

Enjoy using your imagination. And don't forget to report back to me with your results!

Inductions

The induction is the thing that creates a trance. After the induction you can use direct suggestions, describe a scene where you would like your subject to experience, create post hypnotic suggestions, set anchors, and conditioned responses. The induction is the most important part, and without a good state of trance your suggestions will not have much effect.

A good induction can take anywhere from 2 or 3 minutes, or up to 15 minutes. It depends on your skill as a hypnotist and your subject's ability to relax. Since hypnosis is largely expectation, your confidence will help the subject's expectation and allow them to go into trance faster. In other words, the more your subject *expects* that what you are about to do will put them into trance, the greater their expectation, and the quicker the trance.

Telling someone that you are a hypnotist creates expectation. If you are hypnotizing your husband/wife/friend it may take a few sessions to get a good trance, since there is probably very little expectation. Remind your subject that there is no right or wrong way to enter trance. However they choose to

relax is just right. Tell your subject that each time they enter trance it gets deeper and deeper. This will help them to know that even if they do not get into a deep trance the first time, it does not mean they cannot be hypnotized, it means they will continue to go deeper each and every time. (Good expectation as well)

The following induction includes a suggestion for eye closure, and allows the subject to test the eyes for closure. It suggests that they relax their eyes so deeply that they will not open, and that when they have relaxed them that deeply they can test them to "prove to yourself that they will not open". This is an example of a hypnotic language pattern that creates only one possible outcome.

You can learn a new induction and try on several styles. Some work better than others for certain subjects. The most important thing about the induction is not so much the words that are written, rather it is the way you say them. It has to sound like you are not reading a script! You gotta be natural, confident, and smooth. No tripping over words, uncomfortable pauses, or shuffling of paper! Practice it out loud, by yourself and let your voice become a magical journey that takes your subject out of their mind.

Find a comfortable place to relax, make sure there are no interruptions, the phone is turned off, beepers are off, no disturbances... dim the lights, make sure there are no bright direct lights shining on the face of your subject, light a candle if you like, and find your voice.

Ten Down to One

Now... as you sit there relaxing I want you to notice the way your arms feel... the way your legs feel.. the way your head feels... and then do whatever you need to do to make your body as comfortable as possible.

Take a nice deep breath and as you let it out... let go of some of the stress that you brought with you.... Take another deep breath and again... as you exhale let go of the tension, tightness and concerns you may have had.... Really give yourself permission to relax as deeply as you like. Now allow your eyes to find a spot to focus on, maybe a spot on the ceiling or wall and just let yourself focus very deeply on that spot as you hear my voice and allow your body and mind to follow my words.

With each and every breath you can allow your body to relax deeper, with each exhale... you begin to feel your arms getting a little heavier, your back sinking deeper into the chair/bed and an remaining tension just floating away from you as easily as your breath leaves your

body... your cares and concerns float away **easily...** now notice how your eyes feel, and as you focus deeper on that spot, you may have already noticed that your eyelids are getting heavy, droopy and a little tired. The more you focus, you notice yourself almost focusing past that spot... as is you could see through it and as you do that your eyes getting dry... heavier and almost too heavy to keep **open..** notice... as you may have **already....** That your eyes are feeling so heavy with each **blink...** that you feel that you may not be able to open them... and just enjoy that feeling... heavier each and every time you **blink...** so heavy now that you find that the next time you blink they may be much too **heavy...** just too heavy to open... and the moment that your eyelids close... that feeling of heaviness in your eyelids will create an interesting effect on your body. You will feel the heaviness almost like a wave of relaxation floating down through your entire **body...** a warm and soothing wave of comfort that floats gently and softly down through your entire body... right down to the tips of your toes... now you will enjoy that feeling

(And right in here somewhere they have probably already closed their eyes or are ready to...and at the moment they closed their eyes, you say, that's good just let it go... let your body melt... **good...)**

Now I want you to double the relaxation in your eyelids, the feeling of heaviness just double that feeling now. Good. And now let that feeling float down through your body again feel the heaviness almost like a wave of relaxation floating down through your entire body... a warm and soothing wave of comfort that floats gently and softly down through your entire **body...** right down to the tips of your toes...

Now you can relax your eyelids even more, go ahead and relax them so deeply that they **will not open....** You can do that now and when you have relaxed them that deeply... go ahead and test them... just to prove to yourself that they are too relaxed to open.

(The eyelids should be impossible to open at this point.. don't let them test them too long, some people will really strain to try, or you may notice no movement or flutter at all. Some people relax there eyes in a way that they cannot even attempt the slightest effort.)

(So when you see them try, or after about 2 seconds say) ... OK now stop trying and just relax them deeper and let that feeling float down through your body again.

(If the eyes open, you either have a resistant subject or, you have not done a good job of relaxing with your voice. Repeat **this....** Even slower.) Now you can relax your eyelids even more, go ahead and relax them so deeply that they will not **open....** You can do that now and when you have relaxed them that **deeply...** go ahead and test them... just to prove to yourself that they are too relaxed to open.

(If they still open, say **this....** now you can relax them just as slowly or quickly as you desire, and when your eyes are too tired to open you will know and you'll find that you no longer care about how heavy your eyelids are **now....** As you enjoy how deeply your body is relaxing)

Now your body relaxing, so softly, smoothly sinking into a nice state of **relaxation...** as you can allow your mind to now **relax** as deeply as your body. Or you may want to allow your body to relax as deeply as your mind, and

your subconscious mind will continue to hear and respond to my voice as each and every sound relaxes you deeper. The sound of the music relaxing you deeper... each and every note of the music finding it's perfect place in your mind and body... each word that I say creating comfort deep inside of **you...** as my words find their perfect place inside your mind, body, and spirit.

Any outside sounds that you hear will now relax you deeper... any sounds outside of this room will simply relax you more as they float away... far out of your awareness... and your mind returns to my voice... focusing on every **word...**

Now in a moment I am going to count from ten down to one... as I do you will double the relaxation in your body and in your mind with each number... you will feel yourself sinking deeper with each number... letting go and enjoying the heaviness and the complete comfort of your quiet mind.

(Insert a very nice pause between each number, about 3-5 seconds)

10- now double the relaxation in your body

9- really letting go, allow the sound of my voice to relax you deeper

8- Your body really letting go **now...** double it again...

7- as I touch your body, that part of your body becomes heavy, loose and **relaxed...**

6- (touch the arm, nice and soft) your arm becoming heavier, even more relaxed... too heavy too **lift...(touch the other arm, nice and soft)** now this arm becoming heavier, even more **relaxed...** too heavy too **lift...good.**

5- drifting down, so nice to let go and relax even deeper

4-(touch the leg, nice and soft) your leg becoming heavier, even more **relaxed...** let go of any **tightness...** really let go **now...(touch** the other leg, nice and soft) now this leg becoming heavier, even more relaxed... letting go of any remaining tension in your legs

3- your mind floating down now, down to that place where you can create everything you desire... that place deep within your mind that can create **change...**

2- almost there... down to this place deep in your inner mind where you can experience a deep sense of pleasure...

1-where you can find your **source....** your source of desire and pleasure, where you can journey and explore the potential of your body

...explore the wonderful sensation of pleasure that awaits you... as your mind continues to **open....** to open to my each and every **word...to** open to new **possibilities...sensing** now the oncoming **adventure...the** feeling of desire even now... beginning to grow in you... just a tingle at **first...and** now becoming a **warmth....deep** glowing warmth... as comforting to you as the pleasure that you know you will **experience...** the pleasure that awaits you... you can sense the awakening of your sensual self... each breath you breath... awakening your **desire...**

Now just continue to float down there as your mind hears my words... your mind follows my voice, and these words will be communicated to your **body...** creating an ever increasing effect on the way you **feel....**

(Now you can go to a deepener, sensuality body illuminating script, or begin with your own suggestions.)

Body Awareness Induction

Now stretch out on your back, with your legs separated, so that no part of your calves or thighs are touching. Keep feet separated at least 8 to 10 **inches**; arms extended loosely and limply alongside your body, palms facing downward and fingers limply outstretched.

Once we begin, you can help by remaining quiet and passive. Our first goal is for you to become unaware of your body. You can best achieve that goal by avoiding movement. The first thing that I want you to do is to fix your eyes at a spot on the ceiling overhead. Pick out an imaginary spot, and stare at that spot without moving a muscle.

Now, take a deep breath and fill up your lungs. Exhale slowly. Sleep now. Now, take a second and even deeper breath. Take in all the air that your lungs can hold. Exhale slowly. Sleep now. Now, let your eyelids close down. Now, your **eyelids** are closed down. Please leave them closed down until I ask you to open them again. You will always be able to open your eyes, unless I were to give you a direct command and tell you that your eyelids are locked closed. And I don't intend to do that. Hypnosis is a state of mind, not a state of eyelids. Now, I

want you to mentally picture and imagine that you are looking at the muscles in the tips of the toes of your left foot. In your imagination, follow those muscles as they move back into the ball of the foot. In your imagination, follow those muscles as they move back into the ball of the foot. Back into the arch, and all the way back into the heel. Now, turn all those muscles loose. Let them grow limp and lazy, just like a handful of loose rubber bands.

Now, as the muscles begin to relax, just let your mind relax, too. Let your mind drift where it will. Let your mind drift off to pleasant scenes in you imagination. And now, let the relaxation move on up, into the ankle now. From the ankle, all the way up to the left knee. The calf muscles begin to grow loose and limp -- heavy, and so relaxed. All of your tensions are fading away. **You're** relaxing more with each easy breath that you take. Begin breathing more deeply, now, just as you breathe each night, when you are deep and sound in slumber. Just imagine that you can see your breath as a white mist, coming from your nostrils. Each and every time that you exhale this white mist, you are **freeing** yourself of tension, and going deeper, deeper into drowsy relaxation. Now, from the knee, all the way to the left hip, the long thigh muscles are turning loose, easing off, and just relaxing now. Now, as those muscles relax, just let go a little more, and gently, calmly, easily, drift on over, into a pleasant state of easy relaxation.

Now let the wave of relaxation that started from the toes of your left foot just a few seconds ago — let it move over now into the toes of the right foot, back into the arch, and all the way back to the heel. Turn all of those muscles loose, and go deeper and deeper into relaxation. Into the ankle, the muscles let go. From the ankle, all the way up to the right knee. The **calf** muscles are turning loose and letting go. **You're** relaxing more with each easy breath

that you take. With each sound that you hear. Each sound carries you deeper, deeper and sounder in sleep. From the knee, all the way up to the right hip. The long thigh muscles grow limp and lazy. Now, as those muscles relax, just go all the way down, deeper and deeper in drowsy slumber. Turn them all loose and go deeper in sleep.

Now, the wave of relaxation moves on up, into the stomach now. Into the solar plexus, the center of nervous energy. Each muscle and nerve lets loose the tensions, relaxing. You're drifting down, deeper and deeper in sleep. Down, deeper in slumber. Up through the ribs, the muscles relax. Into the broad muscles of the chest. The muscles of the chest grow limp and loose, and so relaxed. All of your tensions are fading away. You're relaxing now, more with each easy beat of your heart, and going deeper in drowsy slumber. Into the neck, the muscles let go. All around the neck, the muscles relax, just as they relax each night when you are deep and sound in sleep. Turn them all loose, and go deeper and deeper in slumber. Now let the relaxation start down your back. From the base of the skull to the base of the spine. Each muscle and nerve along the spine lets loose the tension, relaxing, your drifting down. Deeper and deeper in **sleep**. down deeper in drowsy slumber. And the wave of relaxation spreads out into the broad muscles of the back.

Now all across the small of the back. All across the back of the shoulders. Turn loose every muscle and every nerve in the back, and go deeper and deeper in sleep. Into the shoulder, the muscles let go. From the shoulders, down to the elbows of both arms. The upper arm muscles are turning loose, easing off, and just relaxing now. From the elbows, down to the wrists on both arms, the forearm muscles grow limp and lazy. From the wrists to the

fingertips of both hands, each muscle and nerve lets loose the tensions, relaxing, you're drifting down. Deeper and deeper in sleep. Into the jaws, the muscles relax. The jaws are parting slightly, teeth not quite touching. All around the mouth, the muscles let go. Up through the nose, each nerve gives way. All around the eyes, the muscles are heavy, and so relaxed. Even your eyebrows are relaxing now. Across the forehead, the muscles smooth out. Across the top of the skull. Down the back of the neck. Down through the temples, back around the ears, all of the muscles are loose, and lazy -- just like a handful of loose rubber bands.

And you may feel now, a pleasant tingling sensation in the tips of your toes, or in your fingertips — a pleasant tingling sensation, growing stronger and stronger now, as your entire body is being bathed in the pleasant glow of complete and utter relaxation.

Now you are completely relaxed. Each muscle and nerve in your body is loose and limp and relaxed, and you feel good.

10

The Elevator - *Journey down to deep desire*

Use the 10-1 induction or the body awareness and then use this a journey down to a deeper state of desire. (If your subject has a phobia about elevators, you can either not use this induction or stress -how OPEN AIRY SAFE AND SECURE this elevator feels. If you notice rapid breathing or tightness on the face while they are in the elevator, or upon mentioning the word, tell them the door opens and you walk out into the warm, soothing sunshine)

Imagine yourself in an elevator, a beautiful...open...airy... elevator. You feel very safe and comfortable here. In this elevator you are sitting in the most comfortable chair, so relaxed and at ease, your body perfectly supported by the soft, puffy chair. In a moment, this elevator will begin to take you down, down to a deeper place in your inner mind. This elevator will take you on a journey into a very private and personal place in your mind, that place where your desire originates. That place where your sexual power rests...

waiting to come alive... to awaken and grow... and fill you with desire.

Notice the way this elevator is decorated... the walls covered with your favorite color... and a soft sensual **texture...** these walls that are your safe boundaries, the boundaries of what you permit into your reality and define what is outside of your **values...(pause)**, and notice the **ceiling...** that represents your connection with your higher self, and notice the color and texture... and the soothing light that emanates from it... the soft glow comforting you even **more.** (pause)

Notice the firm floor, the foundation... that represent what you stand for, your solid **foundation...** safe and strong support... (pause)

Now notice the **door....** The door that is your connection with all that is outside of your **reality...** the opening that allows you to experience new realities... explore those things that you desire to explore... and decide what new realities you want to bring back into your elevator and into your **reality...** the door allowing you to leave outside of your reality... those things that you wish to leave outside of your reality.

Now, close the **door....** And find the button that will allow you to begin your journey down... down to the source of your desire, and as you travel down through the levels of your **consciousness...** descending slowly to your private place of **desire...**

Now... on the count of three press the button... and you will feel the elevator descending **downward...** as you observe and float down through these levels of your

awareness...you will feel the sensation in your body increase the deeper the elevator **goes...** an observer of your own mind and **body..** as it journeys to your place of desire.

1,2,3 Feel yourself sinking... floating down... gently... **softly...easily floating down...**

10... notice the sensation in your body

9... deeper **down...** with each level your desire grows

8... so good to feel your desire growing

7... the tingle... a vibration beginning to spread...

6 my voice and my every word creating desire... following you down...

5 the feeling spreading... spreading it's intensity now

4 you want to go deeper now... to find your source of desire... the source of these feelings...

3 Enjoying every delicious... delicate **sensation....** filling your senses now... you can feel yourself being wrapped up in this **desire...** now notice the color of your desire as it begins to consume you

2 Even the sound of your **desire...** as you get so close **now...** you can hear the sound of your place of **desire...** the hum... the pulsing rhythm... begging you to go **deeper....** Deeper still. Now all of your senses opening... opening **wider...** to accept this pleasure as you are almost **there...**

1 Feel your desire growing... the deep vibration of the energy of your desire... let it begin to move... to grow... to spread throughout your genitals, spreading further throughout your hips, and up into your belly... your thighs now beginning to tingle, and pulse with desire... go deeper inside your place of desire and turn it up now, find the source of your desire and increase it and let it move upward to your chest, as your chest gets warmer... your chest/breasts starting to feel a soothing tingle... a vibration... and allow this desire to move down through your body further... down into your legs... to the tips of your toes. Your entire body now filled with desire... the intensity of this desire will double when I count to three and touch your forehead.

1,2,3 (touch the forehead very lightly and hold your finger there for a few seconds) (Don't under estimate the power of touch. When the body is illuminated like this, a touch can send a shock of feeling surging through the body. You may see your subject jerk a little when you touch the forehead.)

Now the door of the elevator opens wide. A beautiful place awaits you. The sun is warm and soothing, the colors alive and inviting... as you see this you can feel the energy of this magical place inviting you to leave the elevator and explore your sacred and sensual place. Rise out of your chair and float out the door and into this irresistible place. Here in this place you can find many paths. Each path leads to an adventure, a sensual experience that your body and mind feels drawn to... almost as if there is a desire so great that you feel compelled to follow the path that will lead to your heart's desire. Follow that path now, feel your feet on the ground, getting lighter with each step, a feeling of freedom, a yearning to experience your sexuality in complete freedom... free to feel... explore... to give your

body everything that is needs. Just up ahead on this path there is a door. Go right up to the door and stand in front of it. As you stand there notice how you feel about going through this door. Your excitement building, your desire almost uncontrollable, your body yearning for deep satisfaction, now.

On the count of three... open the door.

(Now at this point you will go to one of the adventures. "On the other side of the door is... " Or make up your own.)

11

TROPICAL ISLAND - Terence Watts

A nice script written by a friend of mine... good all purpose induction that is very relaxing.

In a moment I'm going to ask you to imagine certain things... but it doesn't matter if you find you can't imagine all the things I'm asking you to.

You might even find your mind wandering quite a bit, so that my voice just fades into the background, but that doesn't matter either.

The sound of my voice is going to continue to relax you and it really doesn't matter if you don't hear a word I say, because very soon now, you are going to be more relaxed than you have ever known...

Imagine yourself standing on the very top of a green hill on a tropical island... you can feel the warmth of the sun on your head and shoulders and can see the long grasses around you moving slightly in the gentlest of breezes... when you look down the hill you can see a narrow, winding path that disappears into a small forest.. and beyond the forest you can see the ocean... with sunlight

from the clearest of blue skies glancing off the tops of the waves in the bay... so that the whole ocean seems to shimmer and sparkle...

You begin to move lazily and easily down the path, with the ferns and grasses brushing gently against your legs as you pass... and you just catch the faint smell of salt borne in on the breeze...

...And become aware of the distant sound of the ocean on the shore... maybe hear seabirds calling faintly, from a long way off... you marvel at the deep sense of calmness and tranquillity that sweeps over you, as you move on down and down towards the forest...

Moving so easily, so effortlessly, you feel almost as though you're floating on air... and in no time at all you find yourself drifting through the trees, their leaves closing overhead to form a canopy... their branches making an irregular pattern against the clear blue of the sky...

It's pleasantly cool in the forest and the gentle sound of birds singing, echoing faintly, and the scent of the trees and undergrowth relaxes you still further... as you move easily into the inviting depths, becoming lazier and lazier with each step you take...

You can hear a stream somewhere, its gurgling sound gradually mingling with the sound of the ocean... as you follow the winding path down and down towards the beach that you know is in front of you, weaving through the trees and brushing aside the occasional piece of foliage... until, quite suddenly... you feel the warmth of

the sun on your head and shoulders again and you find yourself on a beautiful deserted beach...

A beautiful golden shore line sweeping away in a gentle curve in front of you, to a distant point where the trees seem to come right down to the shoreline, so that their branches actually seem to overhang the ocean itself...

You can feel the sand warm between your toes as you stroll lazily across the broad beach to the water's edge... the sand becomes a darker golden color when you get there, and you enjoy the change to a moist, firm coolness beneath your feet as you wander along the shore, leaving a lazy trail of footprints in the sand behind you...

Every so often a larger than usual wave sends rivulets of water foaming around your feet...

...and as they recede, you notice how the sand is washed away from tiny colored pebbles, glinting like jewels in the sun... the smell of the ocean, the sunlight on the waves, the sound of the water hissing over the sand... all these things seem to create a sense of timelessness for some unknown reason...

And you find yourself a comfortable position, a grassy hollow maybe, to just sit and gaze out across the rolling depths to the horizon... trickling warm, golden sand idly through your fingers... there's a faint haze which makes it difficult for you to see exactly where the sky stops and the ocean starts... and as you try to fathom it out, you see a small white cloud appear from somewhere near the horizon...

It comes towards the island quite quickly, growing larger as it approaches, until it's immediately overhead... the largest, fluffiest, whitest cloud you can ever remember... And you somehow know, just by instinct, that you can let all your worries, all your cares, all your fears, just drift up towards this large white cloud... you can actually *see* them drifting away from you in a long slow spiral... maybe like smoke from a bonfire... just spiraling away from you towards this large white cloud...

The cloud absorbs all your worries into itself, swallowing up all your fears and anxieties and becoming steadily darker all the time, until, just as it reaches its darkest, just as the last part of that spiral of your worries and cares disappears inside it... *the sun bursts through!...*

...dispelling every one of your worries, every one of your fears and anxieties, to the edges of the universe... leaving you totally relaxed and perfectly at ease with yourself, without a single care in the World... and now, all your troubles and cares having floated away from you, you settle yourself down into a comfortable position and just drift off into a deep and relaxing sleep... and while you **sleep**, you have a dream...

You dream you're walking down a long corridor, stretching away in front of you in a long gentle curve... so **long** that you can't actually see the end of it... but you know that this corridor is in the very depths of your subconscious mind... in the part of your mind that knows just what to do and just how to do it...

And as you begin to move along this beautiful corridor, becoming even more relaxed, even more lazy, you realize that time and space are beginning to lose their meaning...

And slowly the walls of the corridor seem to dissolve, leaving you in a large room... the room is full of a gentle golden light that relaxes you still further and you suddenly realize, with a surge of inspiration and pleasure...

That what you once saw as limits are merely stepping stones to greater success... it suddenly dawns on you, with a surge of joy and anticipation, that what once seemed to you to be the limits of your personality, of your **skills** and abilities, are nothing more than stepping stones to even greater success...

One wall of this room is like a huge television screen with words and images flashing across it too fast for you to see... and you realize that this is information being transmitted to different parts of your mind and body... and you use your mind to will it to stop and as you do so, the screen clears and the word '**READY**' appears in large flashing letters...

And now your mind is prepared and receptive to everything I am going to say to you... and everything I say will be accepted and acted upon by your subconscious... it will have a steadily increasing effect upon the way you think, the way you feel, and the way you behave over the coming days, and weeks, and months...

Now you can create your direct suggestions, anchors, post-hypnotic suggestions or create a journey to an exotic place. You can go to another script at this point as well.

Hypnotic Heightened Sensuality Script

The power of hypnosis can allow you to tap into a great resource for sexual pleasure. Your subconscious mind is a wonderfully erotic and helpful source of stimulation, visualization, and creativity that will allow all your senses to become enlivened and heightened far beyond the usual physical response of sexual stimulation. Take a moment now to remember a time when you had a peak sexual experience. If you can't remember one, imagine what it might be like. Every cell in your body seemed to be **electrified**... your entire body, mind and spirit taking on a new dimension in pleasure. Wonderfully sensitive to every sensation, it seemed that all of your senses were more highly receptive.

This is the state that we are about to access with this hypnosis process. This hypnotic sexual altered state, will allow you to see, feel, hear and smell everything more intensely than if you are in a normal brain wave state. This state is also a very powerful learning state. The desire that is created allows us to retain and store information easily when we are sexually stimulated.

This script has been created to create a physiological change in the strength of arousal in your body and mind. Since your mind controls all of the responses needed to initiate the process of arousal, we will be strengthening those responses and intensifying them. In doing this your mind will remember just how to make this happen whenever you desire. You can allow this to work by using the keyword that will be anchored into your subconscious. Using that anchor before or during sex will send the messages from your brain to your body to heighten your senses and sexual response.

Your keyword for your lover's conditioned response is **sensual pleasure**. This will initiate the physical response, and allow it to continue until you have a wonderfully heightened and highly aroused state. You or your partner, will be surrendering to the natural wisdom of your body, allowing your body to have more power and intensity than it may have been used to in the past.

This script suggests that the subject's own hands and fingers will create a powerful sensation in the body. You can vary this and suggest that your **hand/fingers**- if you are using this on your lover- will be illuminated and create this feeling in his/her body.

Begin music....

Take a deep breath, deep into your belly. And release. And now another breath, even deeper this time, filling your lungs and belly... and let it go. Let go of all your cares and worries for this special time and allow your thoughts to drift out of your conscious awareness.... as

you bring your powerful subconscious mind into an expanded awareness....

So good to just let go... and sink now... even deeper with each breath.....

With each breath... become more aware of your body... with each breath out... imagine your clothes simply floating off your body...imagine a warm tropical breeze... its gentle softness lifting your clothes away... with each breath.

Notice how soft and sensual your skin feels... the delicate fragrance of your body and hair... really enjoy the softness of your naked, sensual body. Imagine now... a lovely silk scarf floating softly above your body now, floating gently in and out of the curves and angles of your body...feel the smooth and sensuous softness of the scarf as these wonderful sensations begin an awakening in your sexual being.

In a moment I am going to count from 10 down to 1, as I do you will begin to feel your body and mind relax and sink deeper and more comfortably into an altered state. You will notice that any sounds around you NOW begin to relax you even deeper, as does the sound of my voice. Every word that I say, will find it's perfect place in your body mind and soul, touching those very private inner desires and dreams that have been hidden away for sooo long. And now as I count feel the depth of each number, easily bringing you to a hypnotic state of inner knowing. Deeper and deeper.

10, deeper relaxed, 9 floating down, 8 so easy to let go, 7 deeper and deeper, 6 your arms letting go, 5 your legs wonderfully loose and limp, 4 almost there, 3 letting go, 2 floating down, 1... good

Now your body and mind knows that it is capable of so

much more than you thought, and even now as your subconscious mind is sensing the oncoming adventure you may find that you already are aware of a new sensation somewhere on your body, maybe a warmth or a tingle, a flush... growing now... spreading throughout the nerves... cells... and muscles of your body.

Allow this feeling to grow brighter now... and as you expand this light... you allow this sensation to grow now... and begin to expand your ability to feel and think and grow and learn a new way to help yourself to the pleasure...

Pleasure you so deeply deserve... on every level of your being.

In a moment you will go into an even deeper hypnotic state. As your awareness is expanded... and your subconscious mind becomes even more willing to bring you to a new level of sensate awareness and focus... you will notice this sensation growing even stronger in your body. ...This sensation- is illuminating every cell in your entire body.

And maybe you didn't know that your mind and body can have an orgasm from your head to your toes... and maybe you didn't know that your mind and body can have an orgasm that lasts for a very, very long time.

But your subconscious mind already knows this is possible... and your subconscious will now willingly allow this to happen.

There is a beautiful wisdom to the body... that naturally allows this to flow and move through you in a way you simply never knew about before.

Now allow your subconscious mind to access that very private wisdom of the body... to feel in the way your body knows... on the deepest, deepest level.

As I count from 5-1 your subconscious mind will tap into

that inner resource... that natural wisdom... and begin to activate the sensate focused awareness of this sexual power that exists in your body and mind.

(Very slowly, waiting about 5 seconds between numbers)
5, 4, 3, 2, 1.

Let go now of any old negative beliefs that you may have had about sex. Open now... even more open... to the wisdom of pure sexual energy... exquisite in your purest form.

Open to my voice and to my suggestions... that are for your benefit and your sensual pleasure.

And now... as real as real can be... a warm tropical rain... gently... softly falls... as if for the very first time.....

...Warm gentle drops of water falling on your hair and face... feel the tingle now as the pure... clear... delicate softness of the water... dripping gently down your face... seems to ignite a new sensation in every cell that it touches.

Notice the color and the glow in your skin... as each and every drop of water... awakens the nerves and cells in your body.

Soothing... moving down deeper into your hair and tracing a path along your neck... the awakening of your cells and nerves... creating a wonderful tingle... electrical... surging and pulsing now... as the perfect drops of water slide down your shoulders... and now a single drop of water moving down your chest.

Now... the water... tracing a delicate path down your arms... creating an energy... a glow in your arms... hands and fingers... a color emanating from the cells in your hands and fingers... a power that you now become aware of... that illumination pulses even stronger with every drop of water... that slides down your arms... to the tips of your waiting fingers. This color intensifying

now... glowing... pulsing power... a source of energy that will electrify... and powerfully stimulate... any area that it touches.

As you bring your hands out in front of your body... you can actually feel the strength and power of this glowing **energy...** radiating out from your fingers.

Now begin to bring one hand to your chest and feel the warmth... as your hand comes closer to your chest... without even touching your **chest...** you become aware **now...** of a very powerful sensation that moves from your hand... to the waiting nerves and cells of your skin.

You now notice the glow in the area in the center of your **chest...as it is energized...and** you now feel a pulsing... a moving...

warmth flowing easily through your **body's** natural sensual wisdom. Now as you move your hand slowly to another area of your **body...**

you begin to realize that you have a strong sensation that remains in every part of your body that your hand passed over. Without even **touching...** the intensity is us transferred to each body part... igniting the senses... stronger and stronger.

You are more curious now about the sensation that is flowing through your hands and you now move both of your hands together to create an even greater force of energy surging and flowing from hand to hand. Allow that energy to grow even brighter now between your hands and in a moment you will use that source of energy to begin to ignite those special places in your **body...** places within **you...** that you never imagined could feel this good. Without touching your body... allow your hands to gently glide over your entire body... illuminating and enticing the natural wisdom of your body to come to full awareness of sexual potential **now....**

Your keyword for this conditioned response is... sensual pleasure.

Each and every time you say these words in your mind... and each and every time you hear me say these **words...** the sensation in your body builds... and doubles in intensity.

As your body is fully illuminated... you can now allow your hands and **fingers...** to gently touch a part of your **body...notice** the brilliance of the light as it touches...sending a wave of deep pleasure... deeply **pleasurable...** pulsing... surging in your veins... and arousal from that point of your finger to that place on your body.

And now **touch...ever** so **gently...** another place on your body... **electrifying... illuminating...with** surging erotic delight. The very core of your being experiencing deeper and deeper a warmth and desire for more...

Very gently... slowly allow your subconscious mind to expand its pleasure center to your entire body... spreading the full flow of sensual awareness to every **cell...** every **nerve...muscle** and bone in your body.

And ... now allow your subconscious mind to bring to mind a memory of a time of sheer sexual **pleasure...** (Wait a moment) Remember now the feeling of that moment... the way you felt the deepest sense of **fulfillment...**

Bring it to mind now even more intensely. As real as real can be. Feel the pounding, throbbing pleasure of that moment... remembering the sounds of that exquisite moment... the smells, the way your partner felt. (Pause for 30-60 seconds)

Now...allow your mind to bring another memory of **ecstasy...the** details as real as real as can be. Feel it...

smell **it....** Remember the taste and smells... Your heart pounding... racing now faster and more alive with the smooth and natural flow of the wisdom of your mind and body's deepest desire. (Pause for 30-60 seconds)

And allow your subconscious to bring forward more of those sensually pleasurable **times...deliciously** erotic moments... and even create new erotic moments of pleasure

Now your mind is prepared and receptive to anchor in a conditioned response in your mind and body. Sensual pleasure is your keyword that will now create this powerful conditioned response.

And every time you hear the words Sensual Pleasure in your own mind, and each and every time you hear me say the words Sensual Pleasure, you will feel this sensation growing in your body, the cells in your body becoming alive with desire... illuminated with pleasure...

The energy is flowing and pulsing through your body, wonderfully **exquisite...** the moment even more intense as every breath you breathe is sending a sensation of deeper desire to the core of your sexual being.

Hear these words and your body **responds...Sensual** pleasure.

The level on arousal and desire will be increased... even more intensely aroused anytime you hear these words in your own mind and every time your hear my voice say these words... Sensual pleasure

Your body pulsing... now with racing desire ...And now faster and more alive with the smooth and natural flow of the wisdom of your mind and body's deepest desire. You feel this hunger to reach your goal, your hands bringing

an electrifying pulsing sensation to that willing and waiting place...

(Now very slowly)

You notice that time seems to slow down... slower still... so that this moment can be savored... lasting longer... time stands still now... never ending **longing...** the sensation of purity slowly flowing through every cell in your **body...almost** as if it lingers without end... time simply does not exist.

Your body and mind exquisitely drinking into the last tender sensations of the **moment...your** subconscious mind now remembers just how to create this powerful connection of thought and energy in your body any time you desire.

Remember how easy it is to enjoy every drop of water against your skin... every glorious tingle that flows through your body in waves of warmth and power. Your body knows just how to do this... any time you desire. All you have to do is close your **eyes...** and allow the drops of water to begin their journey down to the tips of your fingers and say your words for conditioned response Sensual pleasure. The mind and body connection will then be automatically energized to this level each and every time you want this level of deep satisfaction.

A response has been anchored into your body, mind and spirit.

A response for a powerful, pulsing, surging desire. Repeating these words in your mind ... sensual **pleasure...will** allow your body and mind to recreate the full force of your sexual power.

Each and every time you use this anchor it will become more and more intense.

And each and every time you hear my voice... the connection in your mind and body will become stronger

and more intense...The more you use this word and the more you hear my voice... the stronger the connection will become ...creating the results you desire...

Now take a nice deep breath and send a wave of gratitude from the top of your head down to the bottoms of your feet... for this new learning that your body and mind has so willingly received.

(Now do an awakening.... Counting up from 1-5, OR continue the trance into a hypnotic fantasy)

13

The Orgasm Script

This one will create an orgasm without any physical genital touch, and set an anchor to your voice for your friend to respond with deep waves of pleasure anytime you say a key word. You can use any keyword or suggestion of touch that you want. If you want to use it during a phone call later, suggest that the feel of the phone in your hand as you squeeze the phone and hear my voice with the word (pick one, or think of one of your own) "pleasure" or "orgasm" or "I want you" will go to that private place deep inside you that will send waves of **pleasure**, increase each and every time I say the word "_____". When you use this anchor in person, say in a restaurant or in a public place, you may want to make sure it is a word that will not create any embarrassment to repeat it several times. And when you are using it in person, be sure to use the touch anchor on the back of the hand as well. Same hand each time!

Interactive Hypnosis Script

You can use this script on your own, in your own voice. OR, you can play it on the tape/CD and when you hear my voice count down to 1, you will take over *with your own voice*

reading what is on the script and let the music continue to play in the background.

OK... now just let your mind relax... and your shoulders drop and relax...

because I'll be asking...your mind *unconsciously*...
to *notice* what it is that I say... and to *notice* what I
suggest...and I'd like to remind you... before **you...go all
the way down...**

you can keep your eyes open...
so that a part of you can watch... and if you find your
eyes are simply too heavy to keep **open...**
now you may need to let them close **deeply...** and allow
your inner mind to watch... and **understand...at** all
levels—as you notice my voice...
in a way **that's just right** for you...
to go into a very relaxed state of **trance...**

now...
as you notice your body **here...** and feel the sensations...
in your back... your neck... and the surface under you...
your unconscious mind... notices other things **too...like**
the sensations in your toes...the sensations in your right
ear...

and in your **left...and** in between too...
the feelings of activity in your **brain...as** your brain sends
signals to your body in ways that will help you learn...
really learn...to go all the way down...because your
unconscious...

has everything it needs to make this happen... and your
mind knows exactly what is going on out here...
your mind stores all your memories...your experiences
and learnings...

in one place deep inside...
 the same place where you can make these changes...
 and as you... explore that place now...
 your **mind...is** paying attention to my voice...
 while going deep inside that **place...with** new
 experiences...
 and new learnings...so as you begin to experience
 this place deep inside...in a new way...you can **notice..**
 the colors becoming brighter and more soothing **and ...**
 the **sounds...more** harmonious, more musical...
 and the sensations... continue to become more
 pleasant...as a part of you still notices... still watching...
 to help **you** go *deeper still...now...even* more relaxed ...
 into that place...where your mind **unconsciously...finds**
 new ways to experience **pleasure...**
 new ways to feel the colors flowing through your **body...**
 new ways to hear the **sensations...**
 and even ways to see the **sounds...**
 all your senses becoming so very alive **now...**
 almost as if each sense can experience the other sense,
 opening all of your body to a new experience.
 And you can go deeper still... every time I touch your
 arm your senses intensify and a wave of pleasure moves
 through your body.

Now notice how well you are learning to experience your senses...

sounds that you can **see...**

colors that you can **hear...**

experiencing this on a whole new level from that place inside...

you can even *taste* what a color might taste like,

or *feel* the pulsing of a sound as your body longs to hear a **wave** of pleasure...

Allowing the sound to *move through you...* and it becomes a color... experiencing the colors and sounds... the aromas and sensations...so much more fully...your mind enjoying this fabulous mixture of your **senses...** notice as your breathing **slows...and** gently becomes deeper...

as you go deeper still...

your mind keeps your body functioning perfectly... and you continue to experience a soothing flood of sensual **delight...**

now... continue to **experience...waves** of pleasure...

Much more fully...and vividly...

as your unconscious mind hears my voice...

and responds easily and effortlessly to the sound of my voice.

As I count from ten down to one I will speak only to your subconscious mind as you stay deep inside.

10... going deeper inside

9 ... down into your place of personal pleasure

8...nothing else matters

7... nothing except the sound of my voice (**or** if you are using the audio **induction...** "the sound of the voice you will hear when I reach the number one)

6... my voice going deep inside you

5... your subconscious **mind...finding** that place of desire

4... inviting me in... and as I get to one my voice will begin to fade and float away

3... and the next voice you hear will **fill** that space... that deep inner space of desire

2... and this voice will touch your desire deeper than ever **before....** As you open to this voice

1...and allow it to fill **you.... Deeply...** every word you respond beautifully to, every word you hear from the voice that now begins to move into you, deep inside you, will have an effect on the way you feel, the way you think, and the depth of pleasure you will now begin to experience.

You will hear and respond to this next voice as it will feel as if it is the most natural thing to do, as you notice how your body naturally responds to this next voice you hear, following every command.

*****Now you begin here, in your voice*****

Hello my friend... thank you for inviting me **in...** to your personal place of pleasure.

As I **speak...** your body will respond in a new way, experiencing my words with all your senses, my touch deepening the effect of every word.

There are some things your body already knows how to do...

And some things that your body may want to experience in a new way.

When your subconscious mind is ready to experience these things in a new **way...**

it can indicate that it is ready by lifting a finger on your **hand..**

A signal from your unconscious mind that it is **ready...**
and receptive to these words
and to the pleasure that your body is ready to receive.

(Now wait for the finger to lift... if it does not lift in 5-10
seconds, you can repeat the previous sentence)
(If it still does not lift, gently touch the finger and suggest
that this finger will lift when it is ready to respond on all
levels... to experience new sensual **pleasures...**)

Thank you... (this is in response to the mind's acceptance
whenever a finger lifts)

Now one of the pleasurable things that you do is to
organize **time...**
Where sometimes there are things that you do that make
time just fly by
and other times when it seemed to slow down as if *time*
went on forever....

Where a second seemed like a minute...
and a minute seemed like an **hour...**
And I wonder how powerful your mind **is....**
Powerful enough now to make a second seem like an
hour...
And your mind just continues to wonder what new ways
it can stretch time to make seconds seem like hours and
days...
In a way that is just right for **you...** to help you
experience another part of **yourself...**
That part of you that remembers the best orgasm you
have ever had...
The deepest, most enduring pleasure that this body has
received... remember where this body is most sensitive,
most **responsive...**

those private places in you... that even now can feel the excitement growing...

as the sensation grows, your mind gives your body permission to double the pleasure you now **feel...** the moment I touch your arm.

(Now, touch **her/his** arm, on the back of the wrist. Make it a light stroke.)

And as you find those spots... and your mind agrees to intensify these sensations of pleasure... your finger will **lift...**

Thank you...

And now allow your mind to take notice of how your body creates those sensations on a deep **level...**

Noticing that now... so that each time I stroke the back of your wrist... and say **the** word PLEASURE **NOW...**

your mind remembers just how you create that sensitivity...

that special delicious feeling

and you begin to have a deeply aroused feeling...

a sensation that builds to an **orgasm..**

an orgasm that you experience in a new way.

All of your senses become alive, and full, a sound moving in and then out in waves of vibration that you feel in this private place

and as you perceive **it...** time will slow **down...**

time will seem to transform seconds into minutes, hours...

even days **perhaps...**

and with each pulsing wave of pleasure the orgasm will become slightly more intense, moving through you in deeply satisfying ways that you never before thought possible.

Each time I stroke the back of your **wrist...** and say the words PLEASURE **NOW...** your body doubles the sensation it feels.

(Now touch the wrist gently, very lightly, and say the word pleasure. Continue stroking slowing, waiting between each stroke, watch for signs that the intensity has built, stroke again and **again....**)

now as you feel the beginnings of this orgasm moving through you in ways you never thought **possible...** and your real time slows to a new experience of **time....** And as your perception of time **slows....** Your perception of pleasure **increases...**

So that with each wave and each stroke of my finger on your **hand...**

Time seems to almost stand still, and your pleasure doubles...

Until this pleasure consumes your body...

filling you up from that place of private **desires...**

All the way to the tips of your **toes...** to the top of your head, your hands and **fingers...**

Consumed in pleasure... your body mind and soul all together in a dance of deliciously harmonizing **sensations...**

Every cell of your body enlivened in pure delight in how your body feels **now...**

This **second...** time seems to almost **stop...**

allowing you to linger in pure ecstasy...

Total joy... and surrender... to this experience... that your mind now allows you to experience on many **levels...**

And now your mind can agree to enjoy this level of pleasure any time you hear my voice *say pleasure...*

**and feel my touch on your wrist like this... (*say pleasure*)
and when your deep inner mind is in agreement that it
will allow this to happen, your finger will lift, to signal
that this agreement has been made.**

(Wait for the finger to lift, if no agreement repeat the
sentence and wait another 10-30 seconds)

Thank you

You can now have even more fun, go to sleep or proceed to
the coming up sequence.

14

The Orgasmatron

Alex Akselrod wrote this brilliant script.
 He has a web site with more mental pleasure at
<http://welcome.to/new-possibilities/>

Have your lover lie down on her back on the bed, making sure her hands are at her sides, and her legs don't cross. Start speaking in a normal voice, pausing at each ellipsis, and continue to slow down your voice and make it softer as you go on. Remember to put emphasis and emotion into it, hypnosis is NOT something to be done in monotone.

Now before we REALLY begin...

I'd like to remind you...

at the unconscious levels of your mind...

to listen and understand...

what it is that I say...

in the way that's most right for you...

to prepare to go deep inside...

because even as you listen to my voice...

the particular combinations of sounds...

intonation, and meaning inside each one...

and the way the words make sense...

on an unconscious level...
 maybe **you're** also feeling your fingers...
 or maybe your toes...
 and even as all that happens consciously...
 your body regulates your breathing...
 your heart's beating...
 and even how your neurons are firing...
 because your body is attuned...
 to the feeling of your left ear...
 and your right...
 and in **between**, too...
 the sensations in your brain...
 that you may not consciously notice...
 that let you know just how deeply you are beginning **to**.
 go all the way down into trance...
 because while your mind...
 thinks the thoughts that you think...
 sees the images you see...
 it allows your body...
 to begin to remember a time...
 when you were absolutely relaxed...
 and that feeling of wonderful, blissful relaxation...
 started somewhere in your body...
 as you began to really feel it..
 and I don't know how much **you're** feeling it now...
 because the important thing is...
 that the relaxation can continue to spread...
 just the way it spread that time...
 when you can feel absolutely relaxed...
 in just the right way...
 to begin to allow your mind to drift...
 to certain thoughts...
 certain pleasant images...
 that let you know just how much...
 your body is relaxing even deeper...

into the type of state of mind and body...
 that allows you to let yourself go...
 to the warming, soothing relaxation...
 that continues to spread through your body...
 for its own reasons...
 that you don't even consciously need to know...
 because that relaxation feels good...
 and the better it feels, the more you can...
 just let that relaxation spread all over...
 because even as it spreads...
 it begins to permeate inside...
 deep inside your body...
 bathing and soothing...
 each and every cell...
 every bone, every neuron of your body...
 and in that same way...
 that relaxation soothes...
 each fiber of your being...
 every thought in your mind...
 allowing you to go even deeper...
 into the most pleasant memories of your body...
 functioning absolutely perfectly...
 in just the ways you need it to...
 relax even deeper now...
 for its own reasons, so that...
 your body can stay just this relaxed...
 and your mind, just this open...
 and each part of your body that I touch...
 can just relax twice as deep...
 like your foot...
 and your other foot too...
 and your ankle...

Continue up the body, touching all the areas except the most sensual ones,

saying the name of the body part right before you touch
 it. Touch the body
 sensually and lovingly, massaging it, feeding it relaxing
 energy from
 yourself, allowing your vital energy to mix with hers.
 You can visualize this
 if you wish, or just feel it.

and now, each muscle in your face...
 because you see, each of us has experiences...
 when **we're** having a lot of fun...
 and time just seems to fly by...
 and then, there are those special, wonderful moments...
 like when you look into the eyes of a lover...
 staring deeper and deeper...
 into this man's soul...
 and feeling his eyes...
 penetrating you deeply too...
 those divine moments that each...
 seems like an eternity...
 and yet, even while it feels...
 like an eternity to us...
 on the **outside**, by clock time...
 it's still really only a moment...
 and we all cherish those moments...
 because most of us never know...
 just when those moments will come...
 but for some of us...
 those who know how to...
 go deeply into trance...
 those special, magical moments can be accessed...
 whenever you desire it...
 because your body remembers...
 all the feelings you've felt...
 and all the wonderful sensations...

in just the way that your body can begin.
to remember now...
for its own reasons...
the time when you were...
more aroused than ever...
and that feeling of arousal...
started somewhere...
and continued to spread...
all through your body...
engulfing you...
allowing you...
to become more and more aroused...
in just the right ways...
for that sensation...
to continue building...
spreading through...
each part of your body...
penetrating deep inside you...
because even as it doubles...
and doubles again...
getting closer and closer...
to that explosion you desire...
your body knows...
just how to keep it in...
because there's a surprise...
waiting at the end...
so even as your arousal doubles...
with each and every breath...
with each and every heart beat...
and even as you...
understand that your body...
is holding back that explosion...
you can realize...
that this is for a special purpose...
because that orgasm at the end...

be something truly different...
than you've ever imagined it could be...
you see, it will be just like...
those special moments...
that last an eternity...
so while it only lasts...
five full minutes...
out here, in "clock time"...
your body knows just how to let you...
experience it...
as if it lasts for days...
months, or even years...
because even as the orgasm...
intensifies only slightly with each wave..
for your body...
starting with the intensity...
of the most amazing orgasm...
you have ever imagined having...
you know just how to...
feel the intensity doubling...
with each wave of orgasm...
for your mind...
so that with each wave...
you can feel that orgasm engulfing you..
washing over you...
devouring you into itself...
until you are one with the sensation...
of powerful, wonderful...
blissful, explosive orgasm...
and even as your arousal...
continues to double now...
with each breath...
with each beat of your heart...
your body can continue to...
hold back...

until it's just the right time...
to explode...
and experience the orgasm...
that lasts for days, months, or even years...
in only 5 minutes...
so I want you...
only as quickly as I stop kissing you...
to open your eyes...
and look deeply into mine...
staring deep inside as you...
let yourself release...
in just that right way...
so that when your orgasm is over...
you can just let yourself...
reorient back to the here and now...
remembering every precious moment...
and feeling wonderful about the experience...
and now, as your arousal...
continues to double with each breath...

Kiss her for a while, and then release and let her open
her eyes. Stare into
her eyes while she orgasms.

Orgasm Direct Suggestion

During the hypnosis session you can create a conditioned response that will make someone orgasm on command. Now I suppose that not all folks are open to allowing this to happen, but for the ones that are, here are some suggestions. Do an induction then suggest:

Every time I touch your left nipple you will have an orgasm. The more I touch your left nipple the stronger the orgasm will become.

Now remember a time when you had a wonderful orgasmic moment... good... now feel my touch on your left nipple.

Your mind learns so quickly and knows just how to make this happen as every time I touch your left nipple your body can come to only one satisfying conclusion.

Or you could simply connect it to a word. Let's see now, what could that word be... oh, yea. How about this one:

Everytime you hear me say the word ORGASM, you will have a wonderful, delightful orgasm. Everytime you hear me say that words, ORGASM NOW, your body will respond naturally and beautifully... sending wave after wave of pleasure... pulsing through your body... deeply satisfying... every time you hear me say the words ORGASM NOW.

I read an e-mail recently from a man who stated he made his girlfriend orgasm 23 times after hypnotizing her to respond to hearing that word while having intercourse.
Anybody want to try for 24?

16

Mutual Hypnosis

Mutual Hypnosis means that you and your partner can enter trance together. You can travel in your mind and even go to an imaginary place together and have sex.

To enter trance together, one of you must first hypnotize the other. You can also do that by listening to the audio on the Hypnotic Journeys. It also might be fun to see where you can go together without the guidance of my voice. Use the audio as a guide and then explore on your own.

The induction can be a simple 10 down to 1 induction or a progressive relaxation. The partners should be sitting on the bed looking into each other's eyes or laying side by side as one begins the induction.

After you have relaxed your partner and counted from 10-1, you speak to your partner- (while now in trance), and you say this:

When I count to three you will open your eyes, remaining in trance and you begin to put me in a deep state of trance. As you count down from 10-1, I will relax deeper with each number and you will also deepen your trance... and on the count of 1 you will close your eyes and join me in a deep state of trance.

Direct Suggestion with Mutual Hypnosis.

Instead of the journey, you can now use direct suggestion, or you can incorporate parts of this into your journey. For instance, you might suggest that after the swim in the lake you both lay down on the warm sand and drift into a very pleasurable trance. Your partner hears your voice as you hypnotize him/her inside of your hypnotic journey.

Every word I say to you will be accepted and acted upon by your subconscious **mind...**
and every words you say to me will be accepted and acted upon by my subconscious mind.

In this stage of trance, the subjects can now create a command for the other.

When I count to three, upon saying the number three, your hands will become very heavy, too heavy in fact too **lift.**

You will find that the more you try to lift them, the more they will be stuck to the bed.

Heavier, heavier, heavier, one, two, three.

With each breath that you breathe you will become more aroused,

As you breathe in, you will feel that breath entering your body and going directly to your genitals, (you can substitute cock or **clit**, or **whatever...**)

The warmth of your own breath reaching deep inside of you, reaching that special place that is waiting, growing with desire, will increase the sensation in your genitals and will begin to increase the blood flow, slowly at first and then building with each and every breath.

Every time you feel my breath on your **clit/cock**, you will feel a deep surge of warmth and feel your desire for me growing larger, larger.

Every sound you hear will amplify this effect. The sound of my voice, the sound of your own voice and the sound of your own breathing and moaning. You feel your desire for me growing with every sound you hear.

Your body remains deeply relaxed and receptive to my touch and my breath, anxiously awaiting my next command.

When I count to three, you will feel the desire increase again, now increasing to greater and greater depth within you. The sensation that is created by your own breathing will begin to spread, spread outward from your genitals to your thighs, down deeper now, down to your legs, as your legs enjoy the deep vibration of your breath as each and every breath sends a wave of pleasure down through your legs, and into your ankles, and now deeper and deeper, all the way down, to your feet. Your breath enters every waiting cell in your body and begins to spread upward now through your belly, and into your back. As the feeling rises and grows inside of you, the next breath will send a surge of pleasure up into your chest and neck.

You want me now, feeling that deep need for me, deep inside of your body, all around your body, growing with each and every breath.

When I touch your **breast/hand/toe**, lips, you will begin to feel the sensation of my touch going through your body and into your waiting, longing place of pleasure, and each time you feel my touch, each light stroke of my finger...

these feelings will build and grow, now deeper, growing deeper, harder. (This is a good one for helping a man overcome impotence. Emphasize how hard he will get every time you touch his lips, hand, finger, toe. Let his mind create and maintain the erection as a result of your touch.)

Now feel an enormous wave of pleasure floating through your body... and each wave of pleasure is amplified as it reaches your clitoris/cock and you begin to feel as if these waves are now floating toward the center of your body, intensifying in magnitude as wave after wave brings you closer to ecstasy. (or makes you harder, making your erection strong, stronger than ever before)

The touch of my finger on your breast/hand/toe/lips sends wave after wave of pulsing warmth that you can no longer resist, your body waiting... ready... wanting more, more, more... As you enjoy this most wonderful, pleasure, this most deeply satisfying feeling you want me deep in you...

O.K., so you get the idea. Use this hypnosis as an excuse to learn to talk erotically. Use it as a way to know what to say to stimulate your partner's mind first... and take them places they've never been before.

And speaking of places they've never been...

17

Trance Travel Together

While both partners are in trance, one will begin to describe what he/she sees. The location, the kind of day it is, dark or light, cold or warm, indoors or outdoors.

It is dark, I feel a cool breeze... it is so dark I cannot see my hand in front of my face. There is a faint light in the distance and in that light I see a faint an image of a man.

Now let the other partner describe what he/she sees.

That man is me and I see you there in the darkness. I can hear the ocean nearby.... I can feel the mist of the ocean spray against my skin. In this darkness I seem to know that we are completely alone.

The partner joins him/her and describes what he sees and feels at this magical place. Each one takes turns describing the scene, who else is there, adding to it what they see and feel and hear. This is best done if the partners are describing what they actually see and feel, rather than making it up. It is possible that you will both begin to see the same thing even without describing it. At some point you may realize that

you are both experiencing the same place and the same visions.

There is a building far off to my right. There are some lights on... and there is a row of palm trees.

I see it too, there are several palm trees and the breeze is blowing them... and the light in the building is a strange orange color.

Another possibility:

"I see a lake, I am standing at the edge of it. The water is cool, and on the other side of the lake is a small bridge".

The partner then continues to describe the scene as if they are there in present time. It might sound something like this, "I see you from across the lake, I am standing on the bridge. The water is warm and it feels good to slip my clothes off and step into the water."

"I want to join you in the water, and I will swim to meet you. I can feel the warmth of the water floating my body, feeling totally warm and surrounded my water."

You may be surprised to find out how many things you "see" together before you even verbalize them.

You may also begin to speak to each other without having to verbalize your words out loud. In this altered state, couples can become very connected by sharing a mystical experience where you no longer need to verbalize out loud. When you are in that connected state, one of you could suggest

summoning a guide or a master teacher who will assist you on this journey. Your erotic guide may take you to a special room, find a sexual instructor, or go into a room that greatly intensifies sensation. You can have sex while flying, floating, being hurled through blackness, or transported to another time.

One time, while having sex, I suddenly found myself in another time, long ago. I was tied down to a giant wooden plank turntable that many men were pushing from underneath to turn me. My partner was forced to have sex with me as a punishment for something sexual we had been caught doing. The punishment was that we were made to do it in front of hundreds of people. It was an experience I will never forget. It seemed so very real, I could even smell the smells, and hear the voices of the jeering crowds. Most unusual was that I could not move my arms and legs. I was honestly pinned down by my imaginary wrist and ankle leather straps.

Trance travel can potentially get very scary. In the initial induction it is important to create a bailout cue for both partners in case it gets frightening. A bailout cue could be something like, HOME SAFE NOW. The intention is pleasure, but there is a thin line between reality and fantasy, and this mystical place must be honored.

You could suggest a place or create one in advance, but there is a more mind expanding experience when you let yourself get swept into it with curiosity and mystery as to your destination.

Places to create in your trance travel

A hammock when a warm, unexpected rainstorm comes up, drenching your body and leaving you wet and slippery.

A room of heightened sensation where you enter and every sensation is intensified. You could lay side by side and begin your journey in this room by touching each other lightly until the sensation is irresistible and overpowering.

A helmet that you wear on your brain that connects to the sexual arousal center of your brain and creates deeply intense orgasms when the switch is turned up.

A jungle where you become two animals that watch each other from a distance and begin to let your animal instincts take over. (trim your nails before this one)

18

Loving oral sex

(Also see the section on HypnoSleep)

In a state of hypnosis, you can create a desire in the other person to enjoy giving you a oral sex. Before you get too excited, remember that if this is really violating his/her values or morals, it is not going to work. But for most women and men, it is not against their morals, it is just something they have not YET discovered the enjoyment of. Here is a way to create that. While this script is written for a female subject, you can change the wording slightly to adapt it to a male subject.

Do a heightened sensation induction, then suggest:

**Now you can sense that my desire for you is growing...
 my desire for you intensifies as I find you irresistible.
 Your longing for me is growing...
 you long for me...
 to feel my hardness against your cheek...
 smooth and soft against your cheek.
 As you feel my cock against your cheek...**

**you will feel a strong desire to bring your soft... warm...
mouth around my hard cock.**

**Every sensation you feel on your tongue... and lips...
will also be felt in a deeply erotic way...
on your vulva and clitoris...**

**As you feel me filling your mouth you will feel these
sensations deep inside of you... wanting more...**

**The more you enjoy my warm cock in your mouth....
the more your desire in your warm... pulsing...
pussy...will grow... as you deeply desire to increase the
pulsing sensation in your pussy...**

**you will find you love the taste and feel...
of my desire for you...**

**the part of me that wants you...deep inside... no need to
speak...as you take me between your lips...**

(All of this oral sex script should be done as a trance *without*
physical contact. After the trance you will be delighted to
find out what happens during lovemaking!)

The possibilities are endless, and if you have a basic
knowledge of hypnosis, you can go straight to the scripts or
to the CD or tape.

If you are still working on gaining rapport and having
enough charisma so that you can actually have someone to
hypnotize, then read on. You can learn to be magnetic,
charismatic and irresistible. And imagine how nice it will
be... to feel close and connected and explore the possibilities
of your hypnotic mind.

19

Behind the Door

Honey, I brought a few friends over... hope you don't mind

I write this one as a woman being the hypnotist and creating this for a man. You can reverse the roles and the sexes, or mix it up with participants of both sexes if you are so inclined! You can name the guides so you can refer to them by name. Be sure to write down the names next to the numbers.

(Do an induction first)

Now, find the path.... There is a path just ahead and the gentle light illuminates the ground... you can hear your footsteps as each step you take feels lighter and lighter. Follow that path and notice that up ahead in the distance there is a door. You can see it better now as you get closer.... Notice the color of the door... notice if it has a frame around it... notice your curiosity about what might be on the other side of that door...

Now stand right in front of the door.... Feel the knob in your hand. In a moment when you pass through this door, you will notice your curiosity increasing... your desire to know more becoming larger... and your needs summoning you to follow your guide...

Notice something else about the door... about the way it beckons you to enter... to penetrate boundaries of your own mind... something about the desire it brings out in you...

On the count of **three...** open the door. (Count slowly)

One

Two

Three

Step in... and notice that there are several ladies waiting for you.

They are silent and you notice that each one is a beautiful and unique creature.

In the center of these ladies is a raised area and as you step closer... you notice that they are motioning for you to lie down.

Move closer to your place and let your body sink into the softness...

The first one move closer to you and begins to whisper in your **ear...** you hear her message as she tells you what you must first do.

When you are aware of her message, let me know.

(Pause... you can ask what she said if you like)

The second one approaches and you can smell her sweet perfume... unlike any you have ever smelled before... this aroma brings with it memories... memories of many moments of intense desire... almost as if this scent has triggered all of the sensual experiences you have in your memory...

This alluring scent seems to penetrate your all your senses... it wraps around you like a blanket... filling you with memories of goodness...

She comes closer and brushes her hair against your cheek and her scent lingers...

The third one is here to touch you... she moves to your head... she know just where you will experience pleasure the deepest...

and anywhere that she touches you feels as if it is charged with her sexual energy.

Feel her soft fingers on your temples... (Place your own fingers on his temples, without moving them) Feel the energy radiating out from her **fingers...** into your **mind...** pulsing now with the charge of her energy.

Every time she touches you... your body responds deeply. Now, feel her touch on your ears... (Move your fingers to his ears, and pause...)

And now your neck... notice how soft her fingers are as they slowly find their way down your neck. (Very soft touches on the neck then go to the shoulder and use a little more pressure. Continue touching lightly on several body parts. Avoid the genitals for now, as these touches are stimulating the mind to transfer these feelings to the genitals. And letting the mind generate these feelings is a lot more powerful than grabbing the goods and rubbing!)

(You can suggest here that every time she touches you anywhere on your body, your erection get harder and larger)

The fourth one is the woman of vision. She is here to watch and record every move you make, every sound, every moan.

Look into her eyes and you see yourself mirrored in her eyes.

She is your mirror and everything you experience with your guides will be reflected in her eyes.

You enjoy watching yourself being pleased and every time you look into her eyes, you see that she enjoys watching you as well.

There is something she would **like** to tell you now.

When you aware of what it is let me **know...** (Pause and wait)

The fifth one is your woman of adventure.

She is here to teach you new things.

She **will** teach you how to enjoy some things that you may not have thought you could enjoy in the past.

But that was then and this is now.

And now in this place with your guides you feel adventurous and ready to be used in any way that your adventure guide chooses.

Anytime this woman approaches you, you notice your body getting heavy... very **heavy...** so heavy in fact that your arms and legs are simply too heavy to move... and the more you try to move them, the more you realize that they are stuck and too heavy to move.

Now notice the gleam in her eyes... the way she looks when she is feeling this mischievous.

This one likes to **spank...** and bite... and play rough. She knows that you secretly desire to be spanked to the point of pleasure... to feel the sensations of her playful bite turn to sensations of **pleasure...** the feel of her hand on your ass bringing wave after wave of **pleasure...**

She approaches you and gives you a word, the word that will summon her when you are ready. When she tells you that word, let me know. (Pause and wait)

Now she will give you the word that **will** stop her when you have had enough. That word, and only that word will stop her. When you are aware of what that word is let me know. (Pause and wait. If she doesn't give him one, make one of your own. "Anytime you say the word, safe, your fifth guide will stop." Also, honor this word with your partner so you do not break the trust.)

Now when you are ready for her you simply say the word and she will **appear...** ready to make you squirm with desire.

From time to time you may notice that there are other friends that these guides invite to join them. Sometimes you will feel their touch, or notice an unusual scent, or hear a new voice.

These women are all here to serve you... each one touches and ignites your senses in a way that makes you pound with desire.

Now you can become one of the women or just begin doing whatever you would like to do, and allow his mind to fill in the blanks. You could start by saying something like...

"I am here... you will do as I say"

"I am here... here my voice and do as I say."

"I am here... feel my touch."

"I am here... smell my scent."

"I am here... look in my eyes... see yourself wanting more."

Or, he can decide in his mind who is doing the pleasuring. Sort of a sexual grab bag. You never know who is going to show up.

20

Rapid Inductions

Stiff Arm Method

(Spoken to the subject)

Raise and stiffen your arm. Make a fist. (Help your subject achieve this position, then let go) **That's** good. Just like a steel bar, stiff and powerful. So stiff and rigid and so powerful that the more you try to lower or bend your arm, the stiffer and tighter it becomes. Try to lower or bend your arm and find it locking **stiff...** stiff and rigid. The harder you try, the stiffer it becomes.

That's fine. When I touch your forehead, your arm drops limply down and you go deeper in sleep.

The moment you feel my touch on your forehead you go into a deep hypnotic sleep, ready to respond to my voice, willing to open your mind to my every word. (Tap forehead lightly.)

Rapid Induction with Hand Focus

Begin by having the subject hold their arms stretched out directly in front of them, so that the palms of the hands are facing each other. Have the hands about 6 inches apart.

Spoken to your friend

You may now lower your hands back to your side.

In just a moment I am going to have you bring your hands back to this position, and you **will** find it very easy to go into a deep pleasant level of hypnosis in just a matter of seconds.

Would this be **all** right with you? (You must have the subject's consent before proceeding any further)

Now close your eyes, and take in a couple of deep easy breaths. Hold each breath for a moment and then exhale slowly.

In just a moment I am going to have you extend your arms in front of you, just as you had them a moment ago.

When I ask you to move your hands to this position I am then going to have you open your eyes, and follow my simple instructions.

Remaining relaxed, and at ease, I want you to extend your arms out in front of you just as you had them earlier.

(After subject extends their arms adjust the distance between the hands to about six inches. Hold your index finger at eye level, and instruct subject to follow the movement of your finger. Slowly move your index finger between their hands.)

Concentrate on my finger. In just a moment I am going to move my finger away, and I want you to begin to concentrate on the spot where my finger was.

(Quickly move your finger in a downward motion)

You are doing well.

Keep concentrating on the spot where my finger used to be.

I am going to begin to count from 3 down to 1.

On the count of one allow your eyes to close.

Three, your eyes are feeling heavy, and tired.

Two, they are beginning to water, and tear slightly.

One, so heavy just allow them to close, and relax.

Even with your eyes closed you can still imagine that spot between your hands.

I am now gently touching your hands, and as I do notice that your hands are beginning to move together.

In just a moment your hands will touch.

As they touch your entire body will feel loose, and limp.

You will be going into a very deep hypnotic state.

The hands are moving closer, and closer.

The moment that they touch the whole body becomes loose and limp.

You will be going into a very special state of trance.

Almost **there...** get ready to let go.

The moment that they touch you go into a very deep special state of trance.

(As the hands move together, have your hands in a position that will allow you to lightly slap the outside of the subjects hands, and thus pushing them together.

You must be ready the moment that the subject's hands touch.

At the exact moment when the subject's hands touch, rapidly, and firmly slap the two hands together while giving the command to sleep.

At the same moment lightly apply a downward motion to the subjects hands. This will cause the subject to bend at the waist. Allow the arms to dangle at the subject's side)

HAND BREATHING - From Terence Watts

A fairly unusual induction method which works well for almost anybody.

(For sexual sensation you could suggest that as the breath flows down around the genitals it swirls and intensifies as it passes through... heightening the sensation deep inside)

Now I'm going to ask you to concentrate on your breathing for a few moments...

**but I wonder if you can imagine a very strange idea...
a very strange idea indeed...**

I wonder if you can imagine that you can actually breathe...

through your finger-tips...

just imagine that rather strange idea that you can actually breathe in through your finger-tips...

imagine that you can feel the air moving into your hands...

quite slowly at first...

just with a faint tingling sensation which you might feel on the back of your hands... or perhaps in your palms...

and then just imagine that feeling moving slowly along your arms... through your elbows... just imagine that

comforting flow of air moving through your elbows into your upper arms...

and then into your shoulders... both arms... both **shoulders...**

maybe finding again that faint tingling sensation... perhaps in your elbows or forearms this **time...**

then moving *down* through the body... *down* into your legs...

and through the thighs... through the knees into your shins and calves... and again, you might feel that faint tingling sensation, just there, just below your knees... then *down* through your ankles and into your **feet...** and out through the **feet...**

And you can find a great deal of calmness and **easiness...** in that rather strange idea that you can breathe in through your **fingers...** that you can *actually feel* the air moving through your whole body...

in one single, warming, **comforting...** *unidirectional* flow...

and because it *is* a *unidirectional* flow of **air....**

moving through your whole body in one single comforting flow... the calmness and relaxation you breathe **in...**

simply **doesn't** get involved with the tensions and stresses that you breathe away from **yourself...** the calmness and relaxation that you breathe in... simply doesn't get involved with the tensions and anxieties that you breathe away from **yourself...**

so that with each breath you take... with each word I speak...

you find yourself becoming steadily more and more... **relaxed...**

with each breath you take, with each word I speak...

you become steadily more and more... **relaxed...**

beginning now, perhaps, to notice the weight of your head against the back of the **chair...**

wondering if that weight might seem to gently increase as you relax even more...

the weight of your feet on the **footrest...** wondering if that weight, too, might seem to gently **increase...**

even as you think about it... and some people can find that sensation of total **relaxation...**

that feels as if they are actually beginning to sink gently through the chair... actually beginning to sink gently through the chair...

so that it seems almost as if the chair is beginning to **envelop you...**

you are so relaxed... a good **feeling...** a feeling of great calmness and safety... great **calmness...**

that increases with each breath you take, with each word I **speak...**

as you continue to breathe in through your fingers...

allowing that comforting, warming, relaxing flow of **air...**

to move through your whole body and out through your feet...

*(At this point you can go to the **10 – 1** induction and continue the hand breathing as an erotic power moving through you, intensifying the sensations of pleasure as they build... and **build...deeper** with each breath.)*

And this is something you can do for yourself whenever you want to... simply settle yourself into a comfortable position... with your eyes **closed...** then simply imagine yourself breathing in through your fingers.... imagine that flow of air comforting and relaxing every part of your **body....** then breathing out through your feet... and each time you breathe out just say to yourself: "Relax... **now...**"... just saying: "Relax... now..." to yourself with

each breath you breath... will act as a trigger to your subconscious mind... and on the *fourth* time you say it... on *the fourth* time you say it... you'll find yourself to be more relaxed... than you've ever been before...

Irresistible You- create hypnotic magnetism

This is a great self-esteem boost. It helps you to appreciate who you are, feel more deserving and worthy and self-loving.

You will first do an induction. Use the ten down to one, or the elevator.

Create an imaginary **Circle of Excellence** in front of the person. *When you are in this circle, you will incorporate these attributes, personality traits and characteristics into your reality.* You can use this circle of excellence for other things such as your circle of erotic power, your circle of virility, your circle of orgasmic pleasure. Write some suggestions that are positive and focus on the outcome you desire.

Speak slowly, pause between sentences, put feeling and emotion of desire into every word.

Notice in front of you a circle on the floor. This circle is yours and allows to create everything you desire. Now step into the circle.

As you step into the circle, a light will begin to shine down upon you integrating a new learning or ability into your reality.

Anchor this state, with a press of the thumb and finger on your dominant hand. (Wait for the subject to press the thumb and finger together.)

(You can use the circle of excellence for many abilities and situations where you want more confidence, wisdom, enlightenment, etc.)

Each time you step into the circle you will hear these words and allow them to become your thoughts, your reality and your feelings. (You will be saying one of these affirmations every time they step into the circle.)

Now allow the light to shine down on you, and as the light illuminates your body it integrates these learnings in a way that is in harmony with your body, mind and spirit.

Now step out of the circle, release the anchor.

Look at your circle, getting brighter and more powerful each time you step in. Now step in again, and hear these words as they become your reality. Bring the light in, press your anchor.

(Continue this process with each of the phrases, stepping out after each one)

You love your body- toes to head, you take care of your body, feed it nourishing foods, exercise and keep it strong and healthy.

You love your personality- you care, you are interested, you are a great listener, and you are spontaneous and confident in your ability to speak candidly with others.

You love your sense of humor- you have an easy smile, a natural laugh, you feel fun and happy even when you are by yourself

You love your sensual **self**- when you are in a room, others sense your sensuality. You walk sexy, your smile oozes sensuality, others sense your desire to please them sexually

You love your way with **women/men**- you have a natural smile that conveys your deep sensuality, even across the room, you feel a connection reaching out from where you are, to those who share your love of pleasure and sensuality

You **love** your creativity- you think creatively and spontaneously and your mind is sharp and quick. You surprise yourself with the creative ways you find to speak in descriptive sensual words. You create **beautiful** images in your mind that allows you to be more creative when you speak.

You love your integrity- you are open and honest and allow others to see inside and trust you. You allow others to feel connected to you in your integrity. This level of integrity allows you to notice the integrity in others. You easily notice those that are not honest and use this information wisely.

You love your ability to connect with others- you have a light around your body that others sense. They feel a natural attraction to you, a desire to be in that light... as it feels warm and inviting, almost magnetic. This strength of attraction gets stronger and stronger every day.

Others enjoy being in your light and you notice the way they look at you with interest and desire.

You love your magnetic personality- you are interesting and sometimes fascinating, you are genuinely interested in what others have to say, and what they want. You are humble in your nature and secure with who you are. Others are attracted to you for who you are and the way you make them feel. Others feel good when they are around you and desire to know you better.

Now step out of the circle and into a room filled with interesting people. Notice the way your sexual energy projects to others in the room.

It seems now as if they almost sense your presence, your magnetic pull, even your sexual scent. Wait for a moment... for the one that feels most attracted to you... for that one to be drawn close to you and feel your magnetism saying what words cannot say. Notice the others in the room now gazing at you...

Feeling that irresistible attraction....

You can feel their desire building and growing.

You are in your circle of excellence. A beautiful light surrounds you and creates a glowing, magnetic light. You are irresistible to the opposite sex. When you desire to be irresistible, you close your eyes, take one deep breath and as you let it out, you hear the word IRRESISTIBLE and fire your anchor.

You are irresistible.

Now go to the coming up sequence.

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Orgasm Response and Anchoring

Once you are with a woman and you are enjoying sex, there is an optimum time to slip in an anchor or suggestion. During the peak of an orgasm there is a moment when the subconscious mind is very receptive. It is, I am told, a highly suggestible state. During that moment, you can place a physical and/or auditory anchor. This physical anchor needs to be something that you could easily use later, while in conversation or in public.

It could be a squeeze of the shoulder,
a stroke on the neck,
a hand on the cheek,
a touch on the ear.

The auditory anchor could be a word or phrase, like / *want you, your mine*, or even her name.

Setting this anchor during this state, will allow you to access this unconscious desire later. Now, this anchor must be specific and should be re-installed over several sexual moments.

When you are together during a conversation, you can intentionally fire this anchor. In other words, touch her EXACTLY like you touched her during that orgasm. It will connect with the feelings of ecstasy and start the heart pumping... for you! If you do this right, don't be surprised if she suddenly wants to go somewhere quiet with you.

Auditory anchoring

During that same time you can stack anchors. As you touch or squeeze her to set the kinesthetic anchor say a word or phrase that will connect with this state.

Something like, / *WANT YOU NOW*

Or, I'M YOURS

Or, WARMIN HERE

Then later, during a conversation, you can fire your K anchor and say the words at the same time. You could even be commenting about the temperature of the room, and as you say Is it just me, or is it getting *WARMIN HERE*... **you** use the K anchor as well. You are accessing an orgasm state. Then you gotta go find that quiet place again. Well, it might only be quiet for a while...

Coming Back Up

After each script you can either have sex, go to sleep, or come back up and enjoy your day. Here is a short Coming Up sequence that you can use at the end of each session.

You can suggest that they don't remember the session, although most people will remember it anyway. True amnesia for the hypnosis session happens when a subject is in a very deep state of trance.

You also may want to review and reinforce any anchors, keywords or post hypnotic suggestions just before the coming up. Some subjects go very deep just before they are brought out of hypnosis. There is a nice window of trance depth just before you actually do the coming up. I create it by starting with this:

In a moment I am going to ask you to bring your awareness back to the room and back to my voice. As I do this you will hear me count from one to five and when I reach five you

will be very refreshed and energized... feeling good in every way... better than you've felt in a long, long time.

(At this point the mind wants to stay in hypnosis and usually takes a nice plunge, so you can reinforce suggestions now for a maximum effect, then continue with the actual counting.)

(If you want your subject to have amnesia for the session, say the following)

Now, your inner mind knows how to remember some things and how to forget others things...

and it can now remember to forget everything that went on out here...

and everything that you have experienced deep inside *will be remembered* deep in your inner mind...

and you can let go of any conscious awareness...

as you allow yourself to respond to my voice and return your awareness to the room...

and to your body...

you will emerge wonderfully relaxed, and content....

Satisfied in so many ways...

as I count to five you will emerge...

feeling wonderfully wide awake and aware and clear headed.

1... let the energy come back into your body

2... your legs, arms feeling good

3 ... your body, mind and spirit wonderfully balanced

4... your eyes will feel cool and refreshed

5... wide awake, clear headed and refreshed.

Take a deep breath, and when you are ready, open your eyes.

Part 3

Sexual Dysfunction

Hypnosis is an excellent method to overcome impotence, premature ejaculation, and Anorgasmia. Dysfunction usually has a psychological component, and by changing the way the subconscious mind is responding, you can overcome the dysfunctional behavior. What this means is that you can have larger, harder, longer lasting erections! For women it means teaching their body to respond and have orgasms. Not all sexual dysfunction is psychological, and in the case of impotence in particular, you should rule out any organic causes.

In therapy, I uncover the underlying causes of impotence or dysfunction and release them. I urge you NOT to attempt to do therapy unless you are well trained, since it can stir up additional problems, or even make the problem worse. You can use hypnosis and self-hypnosis through direct suggestion to help someone overcome dysfunction. Using direct suggestion needs repetition, and if you are willing to stick with it, you may be able to help yourself or your partner.

A Case File For Impotence

A man came to see me for impotence. Among other things in his past he told me that his father had become impotent at 55 years old, and just by coincidence he had too. He felt it had no connection. His father was long gone, and he missed him terribly. Since his subconscious mind wanted him to keep a close connection with his dad, it was striving to be just like him. (The little boy in us wants to be like dad) So, tick, tick, tick, time passed and he turned 55 and watched as his sexual function went bye, bye. In Hypnosis we were able to uncover the belief about being impotent like dad, and release it. (Your beliefs determine your behaviors, physically and emotionally) His sexual function returned with the release of the belief and by creating a subconscious trigger for more powerful erections, he could make them larger on command with his new trigger for a conditioned response.

Another man who had wimpy erections that usually seemed to fade away, came to me for hypnosis. We asked his mind to go to the cause of the problem, and it took us back to a time when he was 12 years old, in his bedroom, masturbating. (he assured me that this had nothing to do with it. I said, yea, right)

In the middle of his joy, his mother walked in and caught him, shall we say red-handed?

His erection disappeared ... and it was anchored in with fear and embarrassment and guilt. (those are the biggies in anchoring powerful negative events our minds) Even though most of his sex life was satisfactory, this event got triggered by something when he was about 40 years old, and left him with fading erections. We released the event, used some powerful imagery, took him into a future moment where he had a raging,

non-stop erection, gave him a trigger and a key word for a new conditioned response. And ... bodda bing, bodda boom, he' a happy man. AND about 25% larger.

Hypnosis can uncover and release the cause of impotence. By using future imaging and creating a belief that your impotence is in the past, with time line therapy, hypnotherapy can help you to have a full and enjoyable sex life again.

Whether addressing impotence or potential size, there are some factors that affect size and strength that you can do something about. The veins and capillary walls of the penis carry the blood flow to the cavernous spongy tissue. The veins of the penis are very small and atherosclerosis (fatty deposits can reduce the blood flow to the tissues, preventing the full size from being obtained. It doesn't take much to reduce the size of

the interior artery wall, resulting in loss of blood flow.

Things to do NOW to help potency

Stop smoking- nicotine constricts the arteries by up to 30%, and that results in 50% less blood flow to the penis. This alone can often clear up impotence. Lose excess weight- being overweight also restricts the blood flow to the penile tissues.

Reduce your cholesterol- The build up of cholesterol in the veins and arteries clogs the arterial walls and can greatly reduce blood flow to the penis.

Cocaine/Crack- Stop using it. In a short time, cocaine can make the penile arteries of a 20 year old, have the look and pathology of a 75 year old man.

Testosterone production- new studies show that testosterone production can increase as a result of the spending time in sexual fantasizing. If you have put sex "out of your mind" you are moving farther away from the solution. You must increase your testosterone production through active visualization, and fantasy. It is more powerful if the stimulation is created internally rather than externally. For instance, the mind visualizes the event that is emotionally satisfying for you and has a connection for you. Watching a porno movie or reading (excuse me, looking at the pictures) a magazine is **external** and doesn't have the intensity of creating it internally and setting in motion the mechanism for arousal and increased testosterone production. Low testosterone levels can be increased through mental imaging. Engage in some fantasy, or better yet, listen to the tapes to stimulate your creative juices.

Lose weight- Excess weight will make it more difficult for the blood to flow to the penis. Also losing poundage has an additional benefit in the size of your erection. A full inch may be tucked away under that fat that settles around the pubic area and by losing weight you expose more of the erect penis. Now there's an easy way to have that extra inch!

Hypnosis is an excellent method to overcome impotence, premature ejaculation, and Anorgasmia. Dysfunction usually has a psychological component, and by changing the way the subconscious mind is responding, you can overcome the dysfunctional behavior. What this means is that you can have larger, harder, longer lasting erections! For women it means teaching their body to respond and have orgasms. Not all sexual dysfunction is psychological, and in the case of impotence in particular, you should rule out any organic causes. See your doctor to identify and treat organic causes.

Releasing Negative Beliefs- The Box

This process can be used for many different purposes. I use it in my office for people who want to stop smoking, lose weight, release depression, and much more. The reason it is so broad is that is a very open process that relies on the content of your subconscious mind, rather than on your analytic powers. You will understand what I am referring to as you do the process.

First, do an induction.

Now **in front of you there is something floating... resting right there in space... as you get closer you notice it looks like a box... a container that is floating right in front of you.**

Look at this box... the sides... the back... notice the colors... the textures... even the way the light reflects off of it.

This box is your subconscious mind.. it contains all the thoughts, feelings, associations, events, memories... everything you've ever done and everything that has ever happened to you is there inside that box.

Now notice how you are curious about that box... it's contents... it's potential...

In a moment you are going to open that box... when you do you will be opening your subconscious mind. And as you open your mind you will be able to release many things from that box and from your subconscious mind. Anything that you take out of that box, is also released from your mind and body, and anything that you place into that box is accepted as belief in your subconscious mind and communicated to every level of your mind and body. (Pause for a minute... you can ask for a description of the box if you like. Sometimes I do this to make sure that my client is at the same place, that the box is clear and vivid, and to reinforce the feelings about the box.)

NOTE: it may not be a box. It may be a bowl, a container of another sort... one client had a vase with a cork. The type of container is not important, don't try to change it, rather work with what is there.

Now find the place where the box opens.

When I count to three you are going to open the box. As you open the box, and as you open the box you may notice many things.

You may notice some feelings that you had long forgotten about... some memories that you thought were all but gone...

As you open the box your mind will begin to release those negative feelings that were causing you problems with your sexuality. (You can insert other things here... such as smoking, weight, anger, nailbiting, drinking, and sadness.)

Anything that is released from the box is released and resolved in your subconscious mind. You will gladly release the attachment to the old negative feelings, limiting beliefs, negative conditioned responses, and emotional associations that were hurting you.

You will keep the positive lessons and learnings in these memories, as you release your attachment to these memories easily and calmly.

Now open the box, one, two, three.

Notice the first thing that floats out of the box. Watch as the feelings attached to that memory or event float out... out and away from that box. There is a natural wisdom to your subconscious mind and it knows just what to release to bring you sexual pleasure, to allow yourself freedom from old negative events and feelings.

Now watch as your mind brings another thing out of the box, another old feeling or belief that you no longer want or need... and you may understand how this has been causing you problems... or you may simply observe as your mind allows you to release and resolve these conflicts without your knowledge or understanding.

NOTE: There may be emotion in this process. Don't let a display of emotion scare you. It is the most beneficial thing that can happen. As we release the things, we also release the stuck emotion from our bodies and minds. As the guide, you allow this to happen. If there is emotion about a childhood trauma, or a relative who has passed away, or other deep hurt, suggest this:

What's there? Pause and listen- don't interrupt.

Now... see that person (or event) through eyes of love and understanding... can you do that?

Surround that person (or event) in a beautiful light of love and peace and allow your mind to resolve this in a way that is for your best and highest good and the best and highest good of those involved.

Let the person cry and get it out... even though you may not have planned on this emotional display, there will be a beneficial outcome if you stay with it. Remind them to release this with love and understanding. It is best not to try to play therapist here, since you could create some deeper conflict. Stay with the above words and repeat the best and highest good part several times.

Now notice that your mind **is getting** even better at finding and releasing these old memories, releasing them out with love and compassion... keeping the positive lessons and learnings in that special place where you keep positive lessons and **learnings...**

As more and more of these flow out of the box, you also release them out of your mind and body... out to a peaceful place where they can no longer hurt you.

Pause and wait.

Now your mind can continue to release and resolve these memories as you sleep tonight through dreaming or in other peaceful ways.

Anything you place into the box will be accepted and communicated to your mind and body and spirit. Your higher self will allow only these beliefs, behaviors and feelings that are for your best and highest good.

Above the box create an image of yourself, as you would **like to be.**

Maybe you see yourself fully enjoying sex, experiencing yourself in a wonderful state of sexual freedom.

You no longer have the problem you used to have and your body is working beautifully.

Notice how nice it is now... now that you deserve to have such pleasure in your life.

Notice also how good it feels to finally be able to express yourself sexually... like it was always meant to be this **way.**

Now place that image of yourself into the box.

And allow your mind to communicate this new freedom to every level of your being and every cell in your body.

Take a deep breath in, and **let** that breath carry the message through your **body...** that message of who you now choose to be... how you now choose to allow your body to **respond...**

Anything that you **place** into the box is accepted as your reality.

Now send a wave of gratitude to your entire body, from your head all the way down to your toes... for the gift that you are.

NOTE: you can continue to place more positive things in the box. Be sure they are stated in the positive, and describe what you are, rather than what you are not. For instance don't say, place an image of yourself not impotent, or not worried about sex. You will be reinstalling the very thing you don't want.

Do say, you place an image of yourself strong and virile with a rock hard erection every time you have **sex**, into the box. You feel good and excited about having sex every time you think about me. Remember you can use this process for

many things. You are installing some powerful conditioned responses, new behaviors and beliefs.

Now gently and lovingly close the box. Pull it close to you and keep in the place where it is safe and peaceful. Your mind will find many ways to help you as you sleep... and during waking times in a way that is peaceful and appropriate.

Now do the coming up process.

Script for Overcoming Impotence

Conditioned response- Creating a conditioned response and anchoring it will give a man the feeling of control. In this script you will create an auditory anchor- a keyword that will stimulate the conditioned response, and a kinesthetic anchor- a squeeze of the fist, that will also help to create the conditioned response. Choose a keyword that you like. Here are some suggestions:

Strong, surge, power, harder, mighty, potent, deep, force. Don't use all of them... choose ONE that suits you that you feel comfortable with. Or create one of your own

Do this hypnosis session several times without any expectation of having sex. Keep the clothes on and make it nothing more than a time of closeness and intimacy. One of the most important aspects of overcoming impotence is that you must take the pressure off of the performance. It must be understood that this will not lead up to sex for the first few trance sessions. Keep the clothes on, agree there is to be no sex, and enjoy creating an anchor in his mind.

You can change the words that are used for penis or cock to those words that are most comfortable for you.

Conditioned Response Script for Impotence

Do an induction, either the Illuminate your body, or the Elevator, and then use these suggestions. Suggestions often require repetition to become effective so plan on doing this session several times before getting results. Some men will get results right away, but it is important that you don't expect it so that you are not disappointed. Remember that the most important thing about overcoming impotence is to eliminate the feelings of failure. Even if he does not get an erection in the first few sessions, it doesn't matter. The brain will learn to create those connections, to build the testosterone levels and create an erection at some point.

You are going to create an anchor that becomes a conditioned response for an erection. (This is intended for intimate partners, not for a therapist to use, since it suggests touching the penis. If you are using this therapeutically you could continue to stroke the arm where it suggests penis, and suggest that those feelings will transfer to the penis when they are having sex with their partner.)

Notice your right arm. As I stroke the back of your hand your right arm will become lighter with each and every stroke.

(Begin stroking)

Your arm becoming lighter and lighter now, so light that it begins to rise slightly... rising to come up to the touch of my finger... to feel more of the soft strokes of my finger against the back of your hand.

Each stroke makes your arm lighter... and each stroke makes your arm rise to meet my finger.

As your arm rises now, you notice it is also getting stiff... your arm getting stiff and firm... rising now... getting harder... firmer and stronger with each stroke of my finger.

Your arm is getting stiff and rigid now.

It is so easy to allow this to happen.

Your arm is floating higher now, stiff and rigid.

(Keep stroking the back of the hand)

Enjoy how hard and stiff your arm has become.

Now make it so stiff that it will not even bend... make it that stiff.

Now you can try to bend it if you like, just to prove to yourself that it is too hard and stiff to bend... and notice that the more you try to bend it the harder it becomes.

(You can repeat this several times until the arm is stiff and rigid.)

Now you are going to feel something even more interesting. When I touch your arm it will drop right down to your side. When it drops down to your side the feeling of stiffness and rigidity that was in your arm will find it's way to another part of your body. That feeling of stiffness that leaves your arm will move into your genitals and the moment your arm drops you will begin to feel the sensation growing in your cock.

(Touch the arm.)

Let your arm go right down by your side now. Let your arm rest.

You will notice that there are sensations that have begun in your penis that are beginning to take all of your attention. Now maybe you have been trying to ignore those sensations... but now they are just too intense to ignore. As I stroke your penis with my finger, you will notice a most interesting thing.

You will notice that your penis, just like your arm, is beginning to rise to meet my finger. Feeling the desire of

wanting my finger to stroke it more it rises higher, and as it begins to rise you notice the same thing that you noticed in your arm.

It is getting harder, stiff and rigid, so hard in fact that no matter what thoughts you think... or whatever else you do... it just continues to get harder and harder.

(Keep stroking... very lightly. The anticipation of a light touch is more important at this point than a firm grasp. The lighter you do this, the more enticing it becomes and the more he must reach inside of his mind to create the erection. Continue to repeat the last couple of sentences as you continue to touch. If you are a therapist using this, continue to touch only his arm, suggesting that when he is in bed with his lover, he will respond to each and every touch of his lover.)

Everytime I stroke your cock like this, you will get harder and stiffer, firmer and fuller. Each and every time you hear my voice saying the word _____ your body will respond and every time your feel my light touch, my finger stroking your penis, you will again notice these feelings, and get harder and more erect.

Repeat this last paragraph, emphasizing your keyword that will become an anchor for an erection.

Read this part slowly:

Now remember a time when you were feeling very good about your body. A time when you were fully enjoying sex. Remember how firm and strong your erection was and how easy it was to trust your body to bring you pleasure. (Pause)

Remember every delicious detail, even the sounds, the smells, the way you could lose yourself in that pleasure. Now your mind knows just how to create that feeling

once again. Your mind knows just what to do to feel this way any time you desire. Now, make a fist, strong and tight. (Wait for him to make a fist)

As your mind is remembering now how to be filled with pleasure and desire, the squeeze of your hand is anchoring in all the physiology needed to create a massive, powerful erection.

As you squeeze your fist together, now, you can feel those sensations stirring deep in your place of desire... now beginning to create the pulsing movement into your genitals.

Feel the warmth, the wave of desire, the letting **go...** and each and every time you squeeze your fist, your mind will increase the pulsing blood flow to your penis. And as you feel the pulsing... you will allow your body now to naturally bring you more and more pleasure.

Now relax your hand.

Everytime I stroke your cock like this, you will get harder and stiffer, firmer and fuller. Each and every time you hear my voice saying the word_____your body will respond and every time your feel my light touch, my finger stroking your penis, you will again notice these feelings, and get harder and more erect.

Now, again make a fist, strong and tight. (Wait for him to make a fist)

As your mind is remembering now how to be filled with pleasure and desire, the squeeze of your hand is anchoring in all the physiology needed to create a massive, powerful erection.

As you squeeze your fist together, now, you can feel those sensations stirring deep in your place of **desire...** now beginning to create the pulsing movement into your genitals.

Feel the warmth, the wave of desire, the letting go... and each and every time you squeeze your fist, your mind will increase the pulsing blood flow to your penis. And as you feel the pulsing... you will allow your body now to naturally bring you more and more pleasure.

Relax your hand.

(Now do the coming up sequence)

Virtual Viagra

Do an induction. The more vivid you make the environment in the doctor's office the more the mind will tap into a valuable belief it has about doctors and their imagined power. With all the talk about Viagra for women you might as well use it for both women as well as men. You can use this to create a doctor's office fantasy as well, as you will see at the end of the script. (Don't say *he or she*, instead choose the appropriate one.)

I want you to imagine you are walking up the sidewalk to the doctor's office. Put your hand on the doorknob, open the door and walk in.

Now you are in the doctor's office. Notice where you are sitting and what is in the room... even notice the pictures on the wall.

Notice the smell of the doctor's office. It is so familiar to you. You know that this doctor is very good at what he or she does and knows just how to solve your problem. This doctor knows you very well... and you are excited about what he/she is about to show you. Feel the excitement and

curiosity building in you as the doctor takes a small vial out of the pocket or his/her coat. You can hear the pills in the vial as he shakes one out.

You can really feel the excitement build now, as you have heard how these pills enhance sexuality, giving some men erections that last for hours. You can hardly wait to find out how long yours is going to last.

This new pill he has in his hand is a new and powerful substance that will fill your body and mind with pleasure, with a strong and lasting erection. This pill will create a hard erection that will last for hours allowing you to come again and again and again. You can see the smile on the doctor's face as he hands you the pill.

Now hold out your hand and notice the color of the pill. The doctor gives you a glass of water, and instructs you to go right home after you take it. Don't stop anywhere or do anything else, he says.

As you take the glass of water, you put the pill in your mouth. You notice the bitterness of the pill and take a swallow of water, the coolness going down your throat washing the pill down.

Even though you know that it couldn't yet have an effect, it is odd....

Because you do feel something already. You feel those familiar sensations in your belly and in your genitals... that tightening... hardening.

You may be wondering even now just how fast that pill is working... as you feel that fullness spreading throughout your genitals, tingly and pulsing.

Each and every time you take this pill you will get a strong and powerful and lasting erection. Your mind knows just how to do this and allows your body to respond beautifully.

Now the doctor has one more thing to show you before you go home...

(At this point you could go into some fantasy about you being the doctor and needing to examine the genitals, play doctor or do a test just to make sure they are responding properly. Or you can ask the patient to go through the door that the doctor is motioning to and then ask what is there and creatively go with whatever is there!)

6

Anorgasmia- relax and enjoy sex

Many women experience difficulty reaching orgasm with a partner. Often they feel that they are one of the few who has difficulty and that most women are orgasming easily during intercourse. The reality is that most women reach orgasm by clitoral stimulation and a small percentage have orgasms from intercourse only. Most women need clitoral stimulation in addition to intercourse. Hypnosis can create a easier path for the mind to arouse the body, allowing the woman to relax and enjoy sex, and not feel hurried or guilty about how long it takes her.

Woman who have never had an orgasm, with or without a partner, may respond well to hypnosis. This is an area that must be approached with care. The concern here is that there is probably a reason that the subconscious mind created a block that prevents her enjoyment of sex. The lack of arousal, or discomfort with sex could have been a result of sexual abuse, a violent relationship, rape, or tremendous guilt over pleasure when very young. It could be the result an embarrassing time early in life when she was first experiencing sexual sensations. This is a subject to be

handled delicately. In the case of a non-orgasmic woman, I would recommend professional work with a Hypnotherapist. If you decide to work together with your partner, above all be patient. Create a nice atmosphere that is not threatening and has no expectation of success or failure.

If you would like to do some hypnosis together to help her relax during sex it may help. But if there is a deeper block the subconscious may create an even bigger wall to protect the need to not feel pleasure. And, even if you don't overcome the anorgasmia, you will probably enjoy more closeness and intimacy. If a memory comes up that is unpleasant or disturbing as you are doing any of these processes, there are a couple of things you can do. You can suggest that she will float up above the entire event and view it safely and comfortably from above. Then count to three and snap your fingers. The snap will usually trigger her to float above the event. And then you should take her back to a peaceful place, and ask her subconscious mind to release and resolve that memory in a way that is peaceful and appropriate. See the chapter on problems for more help in handling the unexpected.

Do the induction that is titled *Illuminate Your Body*. It may at least give her body permission to receive pleasure.

Try the process for *Releasing Negative Beliefs*. It maybe be helpful to ask her mind to release these negative thoughts without her conscious awareness.

After you have explored these two possibilities and processed these, then use the orgasm script. A block to sexual pleasure was created from a lifetime of beliefs and will probably not be released in one session. You may want to proceed slowly, with no expectation and no sense of

failure. Do the **Body Illumination** for several days, then proceed to The Box (Releasing Negative Beliefs), then go the **Orgasm Script** over the course of a month. Don't rush it and don't expect her to become orgasmic overnight. If you decide that she is failing because she didn't respond like you wanted, then you are reinforcing her feelings of failure.

Any positive attention you give to your lover will be welcomed as long as it is given with love, freedom and generosity.

Premature Ejaculation- a case file

A man saw me for premature ejaculation. (He arrived early for his appointment) He had always had the problem, been married for years to a loving and understanding wife, but had never been able to last more than a minute or two once he entered his wife.

We created an anchor that he could use that would make him stay hard, and used lots of imagery to help him experience a time in the future when he lasted as long as he wanted. These were not having any great effect, so I decided to find the underlying cause of his premature ejaculation. Of course, he insisted there was nothing he could think of that could be a cause, but agree to proceed.

When his subconscious mind was asked to go to the cause of the problem, it took him back to his very first sexual partner as a teenager. They were getting ready to have sex, but she knew her parents would be home soon, so she reminded him several times to. . . (ready?) "Hurry up". It turns out that they were together for a couple of years as teenagers, and every time they had sex, they were at her parents house and she was always worried about them coming home soon. So, every time they had sex she would tell him to, "hurry up".

This kind of condition in the early years of sexual activity can have some profound and lasting effects. The repetition of this suggestion really locked it in the need to be done quickly, and locked it in good.

During sex, your mind is in a highly suggestible state. Everything that is said, becomes a powerful hypnotic suggestion. When you add repetition to the suggestion, it can have a lifelong effect. His subconscious knew perfectly well what caused the need to hurry up and in trance it showed us precisely where he learned it!

The next step is to change his belief about the need to hurry up. The subconscious mind understands that there is no longer a danger of getting caught, and that it is OK to take as long as he wants when having sex. In addition to these suggestions, I went back to the first time he had sex, and had him do it differently in his mind. This time he experienced it as being safe, with no need to hurry, and being able to have sex as long as he liked. Now the subconscious mind has a new belief and new image to draw from.

Remember this:

The subconscious mind does not know the difference between a real and an imagined event. So, creating a new outcome in his early sexual years, gives his subconscious a very real experience and real memory to create the belief he needs to last a long, long, long, long time. And that, is a good thing.

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Premature Ejaculation- direct suggestion

As you read in the last chapter, there may be an underlying cause for premature ejaculation. In some cases PE can be one of the most challenging problems to overcome. Use these anchoring and direct suggestion techniques and try to do them repeatedly. If you are the woman, or the lover of a man with this problem, you may want to induce a trance before you begin and suggest that he will not be able to come until you say the word. (Choose a word).

It will help to say these words in a deep and erotic tone, and with a very commanding voice. The power you express in your voice will give him power and help his mind to accept that *you* are in control. (Do an induction first)

As you are enjoying our sexual pleasures you will find that your cock gets very hard, and full with desire for me. You will stay hard and erect until I say the word _____. The more you want me, the harder you get. Every time you hear me say the word harder, you will get fuller and harder. (Repeat the statements several times, and ask him to nod when his subconscious mind agrees to allow this to happen.)

Anchoring

Anchoring can be a powerful way to give a man control of his ejaculations. After you do an induction, go into a future moment where he no longer has PE and he has a long and lasting erection. You could use the induction for the elevator and suggest that when he opens the door to the elevator he will be in a deeply satisfying future moment when he has long lasting erections and is in control.

Have him imagine as vividly as possible how good it is to know that he can last as long as he wants. When this image is there and he is fully imagining himself in that future moment, you can set an anchor that will lock in this state of belief. Ask your partner to make a fist.

Now, you know you can have an erection that lasts as long as you want...

and as you feel that power *now...* you know that *you* are in control...

and as you realize how good it feels to be in control...

you will find your erection getting harder and stronger. Every time you make a fist and feel that tightness in your hand, your body knows just *what to do* and how to *stay* in control.

Now feel the *strength* of your fist... and *the power* in your body as you feel this control surging through your body.
(Pause)

Now relax your hand... good. And notice how confident you are... and how deeply and completely happy you are with your confidence and control.

Now, and in the future, every time you make a fist, your erection will get harder and stronger and you will feel a surge of power flowing through your body reminding you

that you are in control. Now, make a fist again, and this time *really feel* it. Feel your *power* and *strength* flowing through your body to your erection. The stronger you make your fist the stronger your erection becomes. And you will be delighted and pleased to find out just *how hard* and *strong* it is each and every time you have sex, and every time you squeeze your fist.

Every time you use this anchor, it's effect on your body and mind gets stronger and stronger.

Now do the coming up process, or continue with more commands about him not being able to ejaculate until *you* say the word.

Finale

What do you really want?

If you are looking for total domination and control of your lover, you are not going to get it with hypnosis. If you have a willing partner who is into dominance or submission, you can enhance that experience with hypnosis. You can create scenarios of adventure, mind control and master/slave relationships if you are into that, and *if* you have a willing partner. You will not be able to create this without the willingness and desire of your partner. If you attempt to create that without the consent or permission, you will destroy whatever trust was there, and you will have a very difficult time creating trance in the future.

Ultimately, You can create a deeper, more satisfying love life and a connection with your lover that will take on a whole new dimension. You can reach deeper inside of yourself and give your mind and body permission to enjoy your sexuality freely. You can help your lover to overcome discomfort, shyness and guilt, and give them the freedom to express themselves intimately. You can create an atmosphere of trust, adventure and permission to experience more of who we are and to experience the depth of our single, most powerful drive that we have been given.

Experiencing yourself as a sexual being is your birthright. It is the driving force that elates, confuses, and destroys us. There is nothing more powerful that can take you to your highest highs, and your lowest lows than the force of love and sex.

Everything we do, every behavior, every action, we do with an outcome in mind. If you dissect your behavior or desire, to find out what the outcome is that you really want, you will almost always find that the driving force underneath all of your behaviors, is your need for love.

We work so that we can make more money, or have more power. The reason we want more money or power is due to an even more powerful underlying need. If we make more money or have more power, we will be more appealing. Others will like us better, or want to be near us. Ultimately, you will find that many levels of need exist, and the one at the very base, is the need for love. Sex is our way of expressing that love. It is not enough to just love, or feel lust or desire. The driving force is the need for satisfaction. When you understand that your sexuality is such a deeply programmed need, you no longer need to feel guilt or shame about enjoying your erotic self. You can embrace the gift that you are given and choose to experience the joy, ecstasy and expression of your love of your partner and ultimately your love for yourself.

Heartfelt hugs,

Wendi

Use your imagination
Enjoy all of your senses
Be romantic
Hypnotize with your magnetism
Enjoy every delicious moment